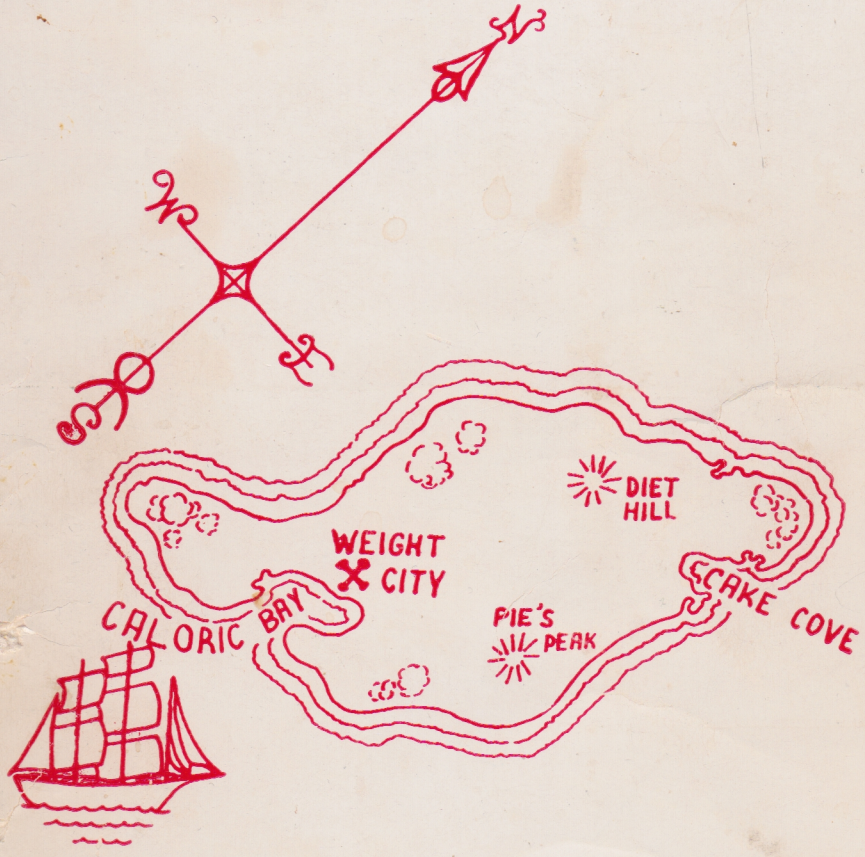
Reading, Pennsylvania

TREASURE

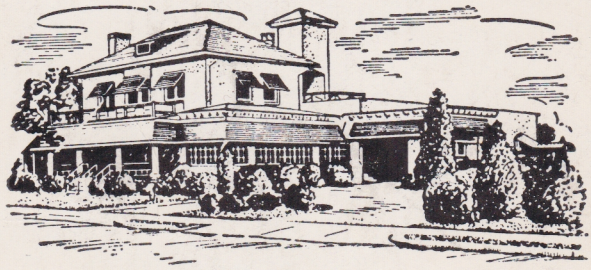
OF PERSONAL RECIPES



Compiled by the

MOTHERS' CLASS
ST. ANDREW'S UNITED CHURCH
OF CHRIST SUNDAY SCHOOL

Gosnell
FUNERAL HOME



Phone Reading SP 7-3521

PATRONIZE

MERCHANTS

ADVERTISED

IN THIS BOOK

CREAM COCKTAIL SAUCE

Mrs. Gloria Stone

2 Tbsp. tarragon vinegar
1 tsp. dry mustard
Juice of half a lemon
1 tsp. prepared horseradish
1 c. chili sauce
1 c. whipped cream
1 Tbsp. mayonnaise
1/2 tsp. Worcestershire sauce

Mix the dry mustard in the vinegar. Add other ingredients and mix well. Yield: about 2 cups. Use for seafood cocktail.

OLIVE SURPRISE PUFFS

Mrs. Gloria Stone

1 c. grated process cheddar cheese
2 Tbsp. melted butter or oleo
1/2 c. enriched flour
1 tsp. dry mustard
Dash of cayenne
3 Tbsp. sherry
1 3-oz. jar stuffed green olives

Combine ingredients except olives. Pat mixture around each drained olive to cover completely. Arrange on greased cooky sheet and bake in hot oven (400 degrees) 10 minutes. Serve hot. Makes 16 to 18.

CHOW-CHOW

Mrs. Ruth Slichter

1 qt. lima beans
1 qt. yellow string beans, diced
1 qt. green string beans, diced
1 qt. celery, diced
1 qt. peppers, diced (red, green and yellow peppers mixed)
1 qt. small white onions
1 qt. cauliflower, broken in pieces
1 qt. carrots, diced
1 qt. corn, cut from cobs
1 qt. small pickles

Wash and prepare each vegetable separately. Cook each vegetable separately in unsalted water until tender. Do not over cook. Rinse each vegetable with cold water, and put into a large kettle. Cover with the following liquid mixture:

4 c. cider vinegar
6 c. water
4 c. sugar
3 Tbsp. salt
1 Tbsp. pepper
2 Tbsp. celery seed

Mix together before pouring on vegetables. Bring the mixed vegetables and liquid to a full boil. Pur in hot

CHOW-CHOW (Continued)

sterilized jars and seal.

ICICLE PICKLES Mrs. Carl Koffke

Note: 1 gallon liquid to 2 gallons pickles. 1 pint salt for each gallon water.

Cut pickles in quarters, lengthwise. Bring enough salt water to a boil and cover the pickle strips. Let stand 5 days then drain.

Then cover the pickle strips with clear boiling water. Let stand 24 hours and drain.

Then cover with the following solution:

1 lump of alum,* size of a walnut to each gallon of boiling water. Let stand 24 hours. Then drain. Make a pickle solution of the following:

2 1/2 qt. cider vinegar
7 pt. sugar
2 Tbsp. celery seed
1 box cinnamon sticks

(This quantity of liquid to each gallon of pickle strips.)

Bring above liquid to a boil, then pour over pickle strips and let stand 24 hours and drain. Again bring the liquid to a boil, pour over pickle strips, let stand 24 hours and drain. Repeat this process a third time. The fourth time you boil the liquid, either put the pickles in jars and fill with liquid or let them stand in a crock.

* 1 1/2 teaspoon of powdered alum can be used.

BREAD AND BUTTER PICKLES Mrs. Francis R. Graeff

1 qt. thinly sliced cucumbers
3/4 c. sliced onion
1 c. chopped green pepper
1 c. chopped sweet red pepper
1 c. chopped celery
1/4 c. salt water
1 c. vinegar
1 c. water
1 c. sugar
1 Tbsp. white mustard seed
1/2 tsp. turmeric

Place vegetables in pan or bowl; sprinkle with salt and cover with water. Let stand 2 to 3 hours; drain. Combine remaining ingredients and heat to boiling; add vegetables and simmer 3 minutes; seal in hot, sterilized jars.

PICKLED SHRIMP — Mrs. Gloria Stone

2 1/2 lb. fresh or frozen shrimp
1/2 c. celery tops
2 c. sliced onion
7 or 8 bay leaves
1/4 c. mixed pickling spices
3 1/2 tsp. salt

Pickling marinade

Cover the shrimp with boiling water; add celery tops, spices, and salt. Cover and simmer 5 minutes. Drain; cool with cold water. Peel the shell from shrimp and devein under cold water.

Alternate shrimp and onion in shallow dish. Add bay leaves. Let stand at least 24 hours in Pickling Marinade:

Combine:

1 1/4 c. salad oil
3/4 c. white vinegar
2 1/2 Tbsp. capers and juice
2 1/2 tsp. celery seed
1 1/2 tsp. salt
Dash Tabasco sauce

Mix well and pour over shrimp. Cover; chill. Pickled shrimp will keep at least a week in the refrigerator. Drain, and serve with onion rings.

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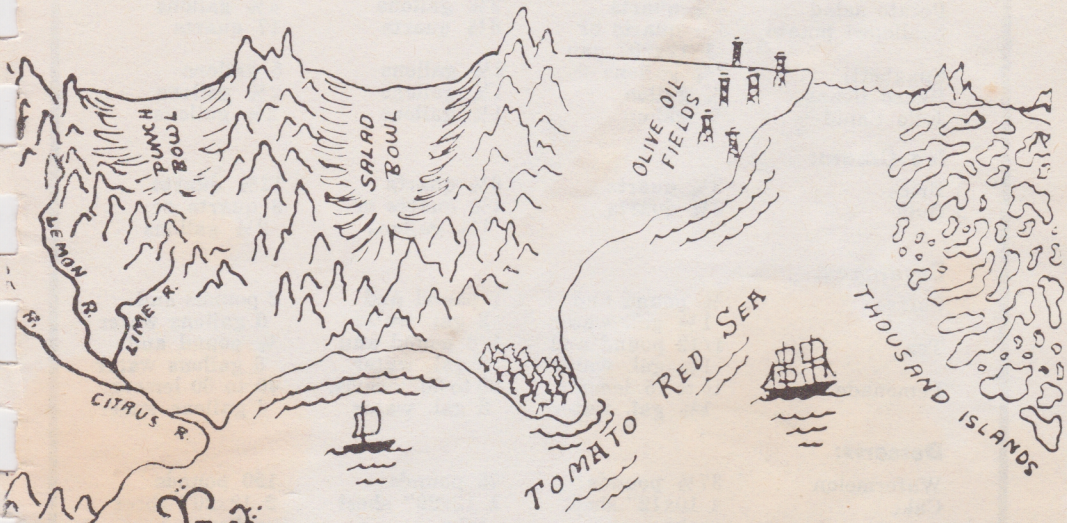
SOUPS SALADS



VEGETABLES

Food Quantities for Serving 25, 50 and 100 Persons at Picnic

Do you have trouble deciding how much of various foods to take to a picnic? Here are some suggested figures on 25, 50 and 100 servings, taken from "Planning Food For Institutions," a USDA handbook:

Food	25 Servings	50 Servings	100 Servings
Sandwiches:			
Bread	50 slices or 3 1-lb. loaves	100 slices or 6 1-lb. loaves	200 slices or 12 1-lb. loaves
Butter	½ pound	¾ to 1 pound	1½ pounds
Mayonnaise	1 cup	2 to 3 cups	4 to 6 cups
Mixed filling (meat, eggs, fish)	1½ quarts	2½ to 3 quarts	5 to 6 quarts
Mixed filling (sweet-fruit)	1 quart	1¾ to 2 quarts	2½ to 4 quarts
Lettuce	1½ heads	2½ to 3 heads	5 tc 6 heads
Meat, Poultry or Fish:			
Wieners	6½ pounds	13 pounds	25 pounds
Hamburger	9 pounds	18 pounds	35 pounds
Ham (bone in)	14 pounds	28 pounds	55 pounds
Turkey or chicken	13 pounds	25 to 35 pounds	50 to 75 pounds
Fish, large whole (round)	13 pounds	25 pounds	50 pounds
Fish, fillets or steaks	7½ pounds	15 pounds	30 pounds
Salads, Casseroles:			
Potato salad	4¼ quarts	2¼ gallons	4½ gallons
Scalloped potato	4½ quarts or 1 12x20" pan	8½ quarts	17 quarts
Spaghetti	1¼ gallons	2½ gallons	5 gallons
Baked Beans	¾ gallon	1¼ gallons	2½ gallons
Jello Salad	¾ gallon	1¼ gallons	2½ gallons
Ice Cream:			
Brick	3¼ quarts	6½ quarts	12½ quarts
Bulk	2¼ quarts	4½ quarts or 1¼ gallons	9 quarts or 2½ gallons
Beverages:			
Coffee	½ pound and 1½ gal. water	1 pound and 3 gal. water	2 pounds and 6 gallons water
Tea	1/12 pound and 1½ gal. water	1/6 pound and 3 gal. water	⅓ pound and 6 gallons water
Lemonade	10 to 15 lemons, 1½ gal. water	20 to 30 lemons, 3 gal. water	40 to 60 lemons, 6 gallons water
Desserts:			
Watermelon	37½ pounds	75 pounds	150 pounds
Cake	1 10x12" sheet cake	1 12x20" sheet cake	2 12x20" sheet cakes
	1½ 10" layer cakes	3 10" layer cakes	6 10" layer cakes
Whipping cream	¾ pint	1½ to 2 pints	3 pints

CLUB FRUIT SALAD SQUARES — Mrs. J. William Engle

Drain 1 No. 2 can (2 1/2 cups) pineapple tidbits and one 1-pound can (2 cups) pitted Royal Anne cherries, reserving 1/2 cup syrup from each.

Combine 1/2 cup sugar, 3 tablespoons cornstarch, and 1/4 teaspoon salt; add reserved syrups and 1/2 cup orange juice. Cook over low heat, stirring constantly, till thick. Stir small amount into 1 slightly beaten egg; return to hot mixture and cook 1 minute, stirring constantly.

Soften 1 envelope (1 tablespoon) unflavored gelatin in 1/4 cup lemon juice; add to hot mixture; stir to dissolve. Chill until partially set. Add pineapple, cherries, 1 pared orange, diced, 1 cup sliced strawberries, 1/4 pound (16) marshmallows cut in sixths, 1/2 cup broken pecans. Fold in 1 cup heavy cream whipped. Pour into 11 x 7 x 1 1/2" pan; chill till set. Cut in squares to serve. Top with whole strawberries, Makes 10 servings.

HAWAIIAN SALAD DRESSING — Mrs. Gloria Stone

1 tsp. salt
1 tsp. celery seed
1 tsp. dry mustard
1 tsp. paprika
1 small grated onion or 1 tsp. onion juice
1/4 c. Tarragon vinegar
1/2 c. sugar
1 c. salad oil

Put all ingredients into a jar, put on lid and shake until well blended. May be kept in refrigerator for several weeks to be used when desired. Always shake well before using. Good on fruit or tossed salad.

PEANUT BUTTER SAUCE — Mrs. Catherine F. Wanner

(Use on fruit salads). Mix in saucepan:

3 Tbsp. granulated sugar
1 Tbsp. flour

Mix well. Add:

1 egg
1/3 c. vinegar
3/4 c. cold water

Stir well, keep stirring until mixture boils and boil 1 minute. Add 2 tablespoons crunchy peanut butter. Beat well. If too thick, add little evaporated milk. Can be kept several days, if refrigerated.

SALAD DRESSING

Mrs. Charles A. Nein

4 eggs
2 c. sugar
2 Tbsp. flour
1 tsp. salt
1 c. vinegar
1 c. water

Cook in double boiler until slightly thick. Fry small cut-up pieces of bacon and add to cooked dressing. Use for dandelion, potato salad, endive, spinach, lettuce, etc. Can be kept in refrigerator and used in small amounts.

JELLIED COLESLAW

Mrs. Gloria Stone

1 pkg. lemon flavored gelatin
1 c. hot water
1 small onion, minced
1 c. crushed pineapple, with juice
3 Tbsp. wine vinegar
1/2 green pepper, minced
1/2 tsp. salt
1/8 tsp. black pepper
2 c. shredded cabbage
1 chopped pimiento

Place gelatin in bowl and add hot water. Stir until gelatin dissolves. Mix in remaining ingredients.

Pour mixture into 10 x 6 x 2" baking dish, then chill until set.

Cut into squares, arrange on lettuce. Serve salad dressing separately. Serves 6.

SHRIMP CHILI MOLD

Jean L. Gery

Mix:

1 envelope (1 Tbsp.) plain gelatine
1 1/2 Tbsp. sugar
1/2 tsp. salt
Dash of pepper

Add 1 1/4 c. very hot water and stir until gelatin is dissolved. Add juice of 1 lemon and 1/4 cup chili sauce. Chill to unbeaten egg white consistency. Fold in 2 cups cooked or canned shrimp, 1/2 cup finely cut celery, 2 tablespoons pickle relish. Turn into individual molds. Chill until firm. Unmold on salad greens.

SCOTCH POTATOES

Mrs. Ruth Hunsberger

6 potatoes, pared and cut in cubes
2 Tbsp. drippings
3 large onions, skinned, cut small

Cover with boiling water, season with salt and pepper. Cook with whole meal (about 1 hour in oven) then add drippings.

CORN FRITTERS — Mrs. Shirley Koch

1 egg
1/2 c. milk
1 c. pancake mix
1 12-oz. can crushed corn

Blend egg and milk. Add pancake mix, stirring until fairly smooth (batter will be stiff). Fold in corn. Drop by tablespoon into 1 inch hot oil or shortening in skillet. Cook quickly until golden brown. Serve with syrup or catsup.

CORN FRITTERS — Mrs. Ruth Gosnell

4 eggs, beaten
1/4 c. sugar
1 tsp. salt
1 tsp. baking powder
Scant cup of milk
1/2 c. flour

Beat above ingredients well and add:
1/4 c. melted butter
1 c. crushed corn

Preheat grill to 380 degrees.

FRENCH FRIED ONION RINGS — Mrs. Barbara Blommer

Soak 2 large onions (sliced) in 1 cup milk for 20 minutes. Remove onions and to the milk add 1 egg, beaten, and enough flour to make a thin batter. Add 1/2 teaspoon salt and 1 teaspoon melted shortening. Dip the onion rings in the batter and fry in hot deep fat, quickly. Drain on paper towels.

BAKED LIMA BEANS — Mrs. William L. Wesner

Soak beans overnight. Drain and pick over, discarding any discolored ones. Cook on top of stove for an hour or more. Drain off water - save to use later. Half-fill a roaster or a baking dish with beans. Add brown sugar (1 - 1 1/2 cups per 2 pound beans) and cover with a thin coating of King Syrup. Add some juice from beans. Cook in a slow oven (275 degrees) for 3 hours, adding juice as needed. Last hour cover beans with bacon strips.

Write an Extra Recipe Here:

Write Extra Recipes Here:

MEAT
FISH
POULTRY
PORK CHOP FOREST
ABERDEEN — ANGUS
THE GREAT BACON DESERT
DUROCK
TARTARSAU CE (SEA)
THE HOG(UE)
SCALLOP REEF
WINGNECK CITY
POLAND — CHINA
RIB RANGE
120
100
80
60

WILD GAME RECIPES

ROASTED WILD DUCK

Clean, wipe and dry the ducks. Sprinkle generously with flour, salt and pepper. Place whole peeled onion inside each duck and place them in self-basting roaster. Fasten with toothpicks 2 or 3 strips of bacon across each bird. If desired, ducks may be stuffed with wild rice dressing made by boiling rice (wild) and seasoning with salt, pepper and chopped onion. Cover bottom of roaster with water. Cover tightly and roast in oven at 350 degrees for 1 1/2 to 2 hours, depending on the number and size of ducks. Remove cover of roaster for last 15 - 20 minutes, before taking from oven to allow skin to brown.

LARDED GROUSE

On each bird lay thin slices of bacon until bird is completely covered. Wrap with string to keep bacon in place. Put in roasting pan and pour over birds sufficient water to provide basting. Roast for 20 - 25 minutes at 400 degrees. Remove strips of bacon, brush birds with melted butter, dredge with flour and place in oven again until the birds turn a rich brown.

SOUTHERN FRIED QUAIL

Dry pick quail. Clean and wipe thoroughly, salt and pepper and dredge with flour. Have a deep (heavy) frying pan with close fitting lid half full of hot fat. Put in quail, cook for a few minutes over a hot fire, then cover skillet and reduce heat. Cook slowly until tender, turning the quail to the other side when golden brown. Serve on hot platter garnished with slices of lemon and sprigs of parsley.

VENISON WITH SOUR CREAM

2 lbs. venison
1/4 c. fat
1 c. diced celery
1/2 c. minced onion
1 bay leaf
4 Tbsp. butter
1 clove garlic
1 c. diced carrots
2 c. water
1 tsp. salt
4 Tbsp. flour
1 c. sour cream

Cut venison in pieces and melt fat in heavy frying pan. Add meat and garlic. Brown on all sides and arrange in dish. Put vegetables in remaining fat and cook for 2 minutes. Add salt, pepper and water. Pour over meat. Bake in slow oven until meat is tender. Melt butter in frying pan and stir in flour. Add water that the meat was cooked in and boil until thick. Add sour cream and more salt if necessary. Pour over meat and vegetables.

Serve with buttered noodles and currant jelly.

MOOSE STEAK

1/2 c. onions, chopped fine
1/2 c. sweet or sour cream
1 c. chopped mushrooms
2 Tbsp. butter
2 Tbsp. flour

Fry onions, brown in butter. Sear steak on both sides in butter and browned onion. Cover and let simmer for 1/2 hour. When almost tender add the mushrooms and the flour, stirred into the cream. Cover and let simmer for 20 minutes.

VENISON SWISS STEAK

Mrs. Gloria Stone

2 to 3 lb. venison steaks
1/4 c. flour
1/2 tsp. salt
Dash of pepper
Dash of cayenne
Dash of thyme
Dash of nutmeg
Dash of cloves
2 Tbsp. butter
3 large onions, to be sliced
2 c. canned tomatoes
1 1/2 c. burgundy wine
1 1/2 Tbsp. Worcestershire sauce
1/2 garlic clove
1 small can sliced mushrooms

Set oven at 375 degrees. Pound the steaks on both sides with a wooden mallet or back of a knife. Combine flour with seasonings. Then pound flour into meat a little at a time. Melt butter in a large all-metal skillet. Add the steaks and brown them on both sides. Slice onions; add to meat, cook till browned. Add tomatoes, Burgundy, Worcestershire sauce and garlic. Cover and bake in oven 2 1/2 hours or till meat is tender. Remove from oven; add mushrooms and cook on top of range 5 minutes. Makes 4 to 6 servings. You'll need to start 2 hours 50 minutes before serving and to spend about 20 minutes in the kitchen.

ROAST ROCK CORNISH GAME HENS

Mrs. Emma Bryson

To serve four:

4 1-lb. ready-to-cook Rock Cornish game hens
Salt and pepper
1/3 c. melted butter or margarine
1/4 c. canned condensed consomme
1/4 c. corn syrup

Season hens inside and out with salt and pepper. Place, breast side up, on rack in shallow roasting pan and brush well with butter. Roast uncovered in moderate oven (350 degrees) about 1 hour or until tender. During last 30 minutes of baking time, baste several times with mixture of consomme and syrup.

BARBECUE HAMBURGER

Mrs. J. William Engle

cook ½ hr

1 1/2 lb. hamburger
1 c. chopped celery
Salt and pepper
Water to start cooking

Cook till brown, 1/2 hour, add:

BARBECUE HAMBURGER (Continued)

1 tsp. prepared mustard
1 tsp. chili powder
1 tsp. celery seed
1 Tbsp. catsup
1 bottle chili sauce

Simmer about 15 minutes and serve on toasted buns.

GOOEY BUNS Arnold Bakery Light Prem-roll Louise Abraham

1 lb. ring balogna
3/4 lb. sharp cheese
1/4 c. mustard
1/3 c. mayonnaise
1 Tbsp. minced onion
2 Tbsp. sweet pickle

Grind balogna, cheese and pickle. Add remaining ingredients and mix well. Cut doggie rolls in half and spread. Wrap in foil and heat in slow oven for 25 minutes, 325 degrees. Makes 12 sandwiches.

CHILI BAKE Mrs. Gloria Stone

1 #2 can of tomatoes
1 lb. ground beef
1 c. chopped onions
1 tsp. sugar
1/8 tsp. pepper
2 c. cooked rice
2 tsp. chili powder
1 1/2 c. grated cheddar cheese
1 tsp. paprika

Add salt and pepper to beef and onions, cook until lightly browned. Combine with rice, chili powder, tomatoes and sugar and 1/2 cup of cheese in 1 1/2 quart baking dish. Top with remaining cheese and paprika. Bake at 375 degrees for about 20 minutes.

TEEDIES (A VEAL DISH) Mrs. Carrie Coller

3 c. flour
1 Tbsp. shortening
1/8 lb. butter
1 tsp. salt
Water to mix

Put all ingredients in bowl except water, mix thoroughly and add water to wet to make dough. Take small pieces and roll between hands until the dough is about size of small Easter eggs, drop in boiling broth. Cook 40 minutes.

Broth:
2 lb. veal
1 onion
1 or 2 pieces of celery
Minced parsley
Salt and pepper to taste

TEEDIES (A VEAL DISH) (Continued)

Cook together until veal is almost done, keep it boiling as the Teedies are added to the broth. Six servings.

GROUND BEEF BARBECUE — Mrs. Carl Koffke

Combine in a 1 pint screw-top jar:

1 c. catsup
1/2 c. water
2 Tbsp. sugar
2 Tbsp. prepared mustard
2 Tbsp. vinegar
2 tsp. Worcestershire sauce

Cover and shake until blended.

Heat in skillet 2 tablespoons butter. Add and cook until onion is transparent 1 cup chopped onion. Add, breaking apart with fork 2 pounds ground beef and a mixture of:

2 tsp. salt
1/2 tsp. Accent
1/2 tsp. pepper

When meat is browned, blend in the sauce. Cook slowly about 15 minutes. Spoon meat into buns and serve.

SWISS STEAK AND VEGETABLES IN ONION SOUP
Mrs. Shirley Koch

Pound 1/4 cup flour, dash of pepper into 1 pound round steak 1/2" thick. Brown in 2 tablespoons shortening. (Use oven-proof skillet or transfer to casserole for baking).

Add 1 can onion soup, 1/2 can water, carrots (cut in 2" pieces), potatoes (cut in half). Cover and bake 1 1/4 hours at 350 degrees. Uncover and bake 15 minutes more. Top with chopped parsley.

DRIED BEEF AND CORN CASSEROLE
Mrs. Winnie Woodworth

Fry 1/4 cup chopped onion, 1/4 cup chopped green pepper. Add 1/4 pound dried beef in small pieces. Make medium white sauce of:

4 Tbsp. butter
4 Tbsp. flour
2 c. milk
1/4 tsp. salt
1/4 tsp. pepper

Add 2 egg yolks beaten, 1 teaspoon prepared mustard. Add 2 cups whole corn. Put into greased casserole and top with grated cheese and paprika. Bake 30 minutes in 350 degree oven.

CRABMEAT IMPERIAL

Mrs. C. H. Griesemer

Mix 1 finely diced green pepper with 2 finely diced pimientos, 1 tablespoon of English mustard, 1 teaspoon of salt, 1/2 teaspoon of white pepper, 2 eggs and 1 cup of mayonnaise. Add 3 pounds of lump crabmeat and mix with fingers so the lumps are not broken.

Heap the mixture lightly into 8 crab shells or individual casseroles. Coat lightly with mayonnaise, sprinkle with paprika and bake 15 minutes in a 350 degree oven. Serve hot or cold.

CRAB CAKES

Mrs. Carmen Reeser

1 can crab meat
3 med. potatoes, cooked and mashed
1 raw egg
1 hard boiled egg, diced in small pieces
1 tsp. salt
1 pinch each black and red pepper
Celery, diced small
Parsley
1 Tbsp. Worcestershire sauce

Clean crab meat (remove small pieces of soft shell). Add mashed potatoes, celery, parsley, salt and pepper. Add raw egg and Worcestershire sauce. Mix all together and add hard boiled egg. Makes 8 to 9 cakes. Beat well 1 egg and small amount of milk together. Dip crab cakes in cracker crumbs and then in egg-milk mixture and then in cracker crumbs. Fry in deep fat.

SALMON CURRY

Mrs. Cora Fries

3 c. hot cooked rice
1 lb. can salmon
1/4 c. chopped onions
3 Tbsp. butter or margarine
1 1/2 tsp. curry powder
3 Tbsp. flour
1/2 tsp. salt
Dash of pepper
2 c. milk and salmon liquid

Drain salmon, saving liquid. Break salmon into large pieces. Cook onion in butter until tender. Blend in flour and seasonings. Add milk and salmon liquid gradually and cook until thickened, stirring constantly. Add salmon. Serve over hot cooked rice.

GOURMET SALMON PIE — Mrs. Daisy Herring

Sift together 1 cup flour, 1/2 teaspoon salt in bowl. Cut in 1/3 cup shortening until in small pieces.

Sprinkle 3 to 4 tablespoons cold water over mixture a little at a time - toss lightly with a fork until dough is moist enough to hold together. Form into a ball. Flatten to about 1/2 inch thickness. Smooth dough at edges.

Roll out on floured cloth to a circle 1 1/2 inches larger than an 8" pie pan. Fit dough into pie pan. Form a standing rim.

Salmon Filling: Slice 2 hard-cooked eggs and arrange in bottom of pastry-lined pan. Flake 1 can of salmon into bowl. Add:

2 beaten eggs
1/4 c. melted butter
2 tsp. minced parsley
1/4 tsp. salt

Mix well- pour over eggs in pie pan. Bake in hot oven 425 degrees 20 to 25 minutes until golden brown. Serve hot. Serve with cucumber salad or pepper cabbage.

OVEN-FRIED CHICKEN — Mrs. Florence Post

Cut up fryers in serving pieces. Salt. Buy prepared corn flake crumbs or roll own cornflakes (or other cereal). Brush sour cream on each piece of chicken. Place corn-flakes in paper bag and coat pieces of chicken by shaking in bag. Arrange chicken in greased casserole. Bake in 350 degree oven 1 to 1 1/2 hours - till tender.

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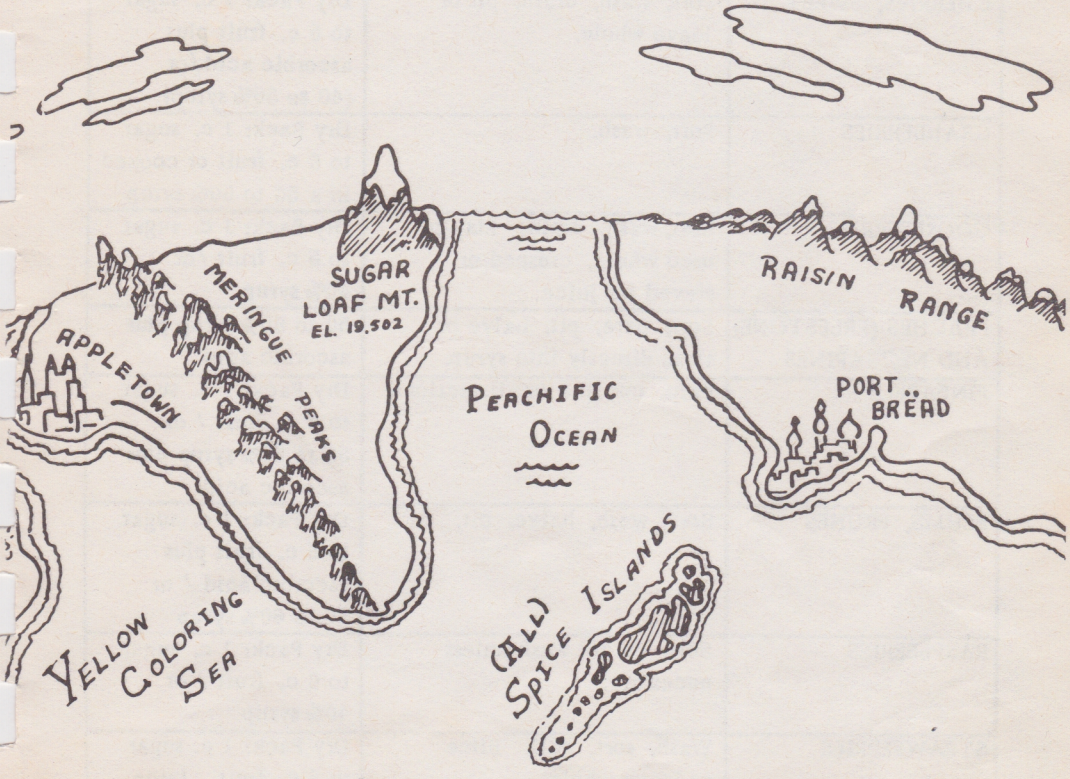
BREAD ROLLS

STRATOSPHERE

PASTRY



TO QUICK–FREEZE FRUITS

Select only well-ripened, high-quality fruits. Be sure to wash thoroughly. Cleanliness is ESSENTIAL. Fruit that has been thawed should never be re-frozen. Follow directions for specific fruits. Apples and peaches should be pared, sorted, washed, halved or sliced. Slice or pit other fruits. Cherries may be pitted or left whole.. Strawberries may be left whole or sliced.

To prevent darkening of light-colored fruits an addition of small quantities of ascorbic acid is recommended for apples, peaches, apricots and plums. Ascorbic acid is the scientific name for Vitamin C. Sweeten each fruit. Although some fruits may be packed without sugar, the practice is not recommended. Careful packaging is necessary to prevent oxidation and drying out during storage. Be sure to freeze quickly.

FRUIT	HOW PREPARED	HOW SWEETENED
APPLES	Pare, core, slice into uniform sections, scald in hot syrup 180° F. for 3 min. Chill before packing.	Dry pack: 1 c. sugar to 5 c. fruit plus ascorbic acid / or (40% syrup)
BLACKBERRIES	Sort, wash gently.	Dry Pack: 1 c. sugar to 4 or 5 c. fruit / or (50 to 60% syrup)
CHERRIES, SOUR	Sort, wash, drain, pit or leave whole.	Dry Pack: 1 c. sugar to 5 c. fruit
CHERRIES, SWEET	Sort, wash, drain, pit or leave whole.	Dry Pack: 1 c. sugar to 5 c. fruit plus ascorbic acid / or (40 to 50% syrup)
CRANBERRIES	Sort, wash.	Dry Pack: 1 c. sugar to 6 c. fruit or cooked in a 50 to 60% syrup
GOOSEBERRIES	Sort, wash, drain. May be used whole, crushed or sieved for juice.	Dry Pack: 1 c. sugar to 5 c. fruit / or 40% syrup
PEACHES (FREESTONE) AND NECTARINES	Sort, pare, pit, halve or slice directly into syrup.	50 to 60% syrup plus ascorbic acid
PINEAPPLE	Pare, cut into small sections.	Dry Pack: 1 c. sugar to 4 c. fruit / or 50 to 60% syrup plus ascorbic acid
PLUMS, PRUNES	Sort, wash, halve, pit.	Dry Pack: 1 c. sugar to 5 c. fruit plus ascorbic acid / or 50 to 60% syrup
RASPBERRIES	Sort, do not wash unless necessary.	Dry Pack: 1 c. sugar to 6 c. fruit / or 40% syrup
STRAWBERRIES	Wash, sort, hull. Slice or leave whole.	Dry Pack: 1 c. sugar to 5 c. fruit. Juice must cover berries

DATE AND NUT TEA BREAD

Mrs. Ruth O'Reilly

1 8-oz. pkg. pitted dates
1 1/4 c. boiling water
1 1/2 c. brown sugar, firmly packed
6 Tbsp. butter and margarine
1 beaten egg
3/4 c. chopped nuts (pecans or walnuts)
2 1/4 c. sifted flour
1 1/2 tsp. baking soda
1 1/2 tsp. salt

1. Cut dates small. Pour water over dates.
2. Stir in brown sugar, butter or margarine and beaten egg.
3. Add chopped nuts.
4. Sift dry ingredients onto wax paper and stir quickly into date mix.
5. Pour into wax paper lined loaf pan 9 x 5 x 3". Let stand for 15 minutes.
6. Bake in moderate oven at 350 degrees for 1 hour and 10 minutes until center is firm.
7. Cool 5 minutes upset onto wire rack for final cooling.

FRENCH BREAD

Mrs. Daisy Herring

1 pkg. active dry yeast
1 Tbsp. sugar
2 tsp. salt
5 - 6 Tbsp. lukewarm water
1 c. lukewarm water
4 c. sifted flour

Sprinkle the yeast over the cup of lukewarm water to soften. Sift flour, sugar and salt together in large bowl. Add the cup of warm water and yeast gradually and work into soft dough adding 5 - 6 tablespoons of water to make a sticky dough. Cover and let rise until double its size. Break down and knead dough for a little while, then place in a greased loaf pan and let rise again until double its size and then bake at 400 degrees 35 - 40 minutes. Remove from pan - put a little butter on top and cool.

BOSTON DATE AND NUT BREAD

Mrs. Elsie Elliott

1 c. dates, cut fine
1/2 c. brown sugar
1/4 c. butter or margarine
3/4 c. boiling water

Stir above together - let cool - add other ingredients.

BOSTON DATE AND NUT BREAD (Continued)

1 egg, well beaten
1 tsp. soda
1 3/4 c. flour
1/2 tsp. salt
1/2 c. chopped nuts
2 Tbsp. rum

Let stand about 15 mins. before baking.

Stir altogether (do not beat). Bake at 350 degrees 60 minutes. in greased & floured pans

Cool before putting out on rack. Wrap in foil, store room temp.

WHITE BREAD Mrs. William L. Wesner

4 c. lukewarm liquid
6 Tbsp. sugar
2 Tbsp. salt
2 pkg. dry yeast and 1/2 cup warm water
4 Tbsp. soft shortening
14 c. flour (sifted)

Mix together the liquid (milk, water, or potato water). Dissolve yeast in water and add to mixture. Add shortening. Mix in the flour. Knead dough till smooth and elastic on a floured board. Place in a greased bowl; cover with a wet cloth. Let rise. Punch down. Mold into loaves and place in 4 greased bread loaf pans. Let rise and bake, 425 degrees, 25 - 30 minutes. Remove from oven, brush with soft butter and cover with a towel for a few minutes to soften crust.

PLACEK (POLISH RAISIN BREAD) Mrs. Carl Koffke

1/2 box raisins
2 cakes yeast
1/4 tsp. sugar
1/2 c. warm water
1 1/2 c. milk
1/4 lb. butter
4 c. flour
1 1/2 c. sugar
3 eggs
1 Tbsp. salt
1/4 tsp. vanilla
4 to 5 c. flour

Soak raisins in warm water for 30 minutes. Drain well. Dissolve yeast and sugar in warm water. Set aside to raise. Scald milk. Add butter to melt. Set aside to cool. Sift flour and sugar into a large bowl. Add cooled milk and butter. Blend well. Add eggs. Blend. Add salt, vanilla and yeast mixture. Stir well.

Mix raisins with one cup of flour and add to above mixture. Keep adding flour gradually until a soft dough is formed and pulls away from the sides of the bowl. Knead well on floured board; put back into bowl. Let raise overnight. Punch down dough. Put into three greased and floured loaf pans and let raise until doubled in bulk.

PLACEK (POLISH RAISIN BREAD) (Continued)

1 egg, beaten
2 Tbsp. butter
6 Tbsp. flour

Brush top with beaten egg. Mix butter and flour into crumbs. Sprinkle on top of loaves. Bake at 350 degrees for 45 to 50 minutes, or until loaves sound hollow when tapped on top.

CRULLERS — Mrs. Cora Fries

1 c. sugar
1 Tbsp. lard
1 Tbsp. butter
3 eggs
1 c. hot mashed potatoes
1/2 c. milk
3 c. flour
3 tsp. baking powder

Mix in order given. Roll on floured board and fry in deep fat.

NUT TASSIES — Mrs. Mary E. Maurer

Pastry:
1 soft stick oleo
1 soft 3-oz. cake cream cheese
1 c. flour

Mix all ingredients together with a fork - DON'T USE HANDS or mix more than necessary.

Filling:
3/4 c. dark brown sugar
1 Tbsp. oleo or butter
1 egg

Mix ingredients thoroughly. Add 1/2 to 3/4 cup chopped nuts (about).

Arrange pastry in gem size pans. Put nuts in bottom of each pastry. Fill to about 3/4 full with filling, don't fill to top as filling will raise. Bake at 350 degrees for 15 to 20 minutes.

PUMPKIN CUSTARD — Mrs. Ruth O'Reilly

3/4 c. brown sugar
1 1/4 c. milk
1 c. strained or mashed pumpkin
1 pinch salt
2 eggs (beat whites separately)
Season with cinnamon and a good grade of whiskey
2 Tbsp. melted butter

Fill an unbaked pie shell. Bake at 425 degrees for 45 minutes.

COCONUT CREAM PIE

Mrs. William Slichter
Mogadore, Ohio

2/3 c. sugar
1/3 c. cornstarch
1/3 tsp. salt
2 c. milk, scalded
3 egg yolks
2 Tbsp. butter
1 tsp. vanilla
1/2 c. coconut

Meringue:
3 egg whites, beaten stiff
1/3 c. sugar
1/2 tsp. cream of tartar
Ten drops vanilla

Blend sugar, cornstarch and salt; slowly stir in hot milk. Cook and stir over boiling water. Add to the egg yolks and cook 2 minutes. Cool. Add butter, vanilla and coconut. Pour into a 9" baked pie shell. Cover with meringue and lightly brown in hot oven.

LEMON SPONGE

Mrs. Leon Ostroski

1 c. sugar
1 1/2 Tbsp. melted butter
2 egg yolks
Juice and rind of 1 lemon
2 Tbsp. flour
1 c. milk
2 egg whites, beaten stiff

Add all ingredients in order given. Pour mixed ingredients into one 9" unbaked pie shell. Bake for 30 minutes in an oven heated to 375 degrees.

COCONUT CUSTARD

Mrs. Leon Ostroski

5 eggs
1 1/2 c. sugar
1 1/2 Tbsp. melted butter
1 small coconut
1 qt. milk

Beat eggs until light and fluffy. Add remaining ingredients. Pour mixed ingredients into two 9" pie shells unbaked. Bake in oven heated at 425 degrees for ten minutes then reduce heat to 375 degrees and continue baking for 30 minutes.

FAMOUS PECAN PIE

Mrs. Cora Fries

1 c. white sugar
1 c. white Karo syrup
1 c. chopped pecan meats
2 eggs
1/8 lb. butter
1/4 tsp. salt

Cream butter and sugar; add salt, well beaten eggs, syrup and nuts. Pour into unbaked pastry shell and bake at 300 degrees for 1 hour.

SHOO FLY PIE — Mrs. Francis Graeff

Line 3 6" pie pans with your favorite pie dough. Mix:

1 c. molasses
1 c. hot water
1 tsp. baking powder

Let juice cool. Divide juice into pans and add crumbs slowly.

Crumbs: Mix together -
3 c. pastry flour
1 tsp. baking powder
1 c. yellow sugar
Shortening the size of egg

Bake first 10 minutes at 425 degrees and from 10 to 15 minutes at 350 degrees. Do not open oven for first 15 minutes.

Write Extra Recipes Here:

Write Extra Recipes Here:

COOKIES

CAKES

COOKING SUGGESTIONS

To toast cocoanut for cakes, put in pie pan and place in moderate oven, stir often from edges, to brown evenly.

*

Flour should be sifted once before measuring. Fill the cup without packing.

*

Do not grease the sides of cake pans, grease only the bottoms.

*

When beating egg whites do not tap beater on bowl of egg whites. The jarring of beater will cause the whites to lose a great deal of their fluffiness. The beater should be tapped on the hand to clear off the whites.

*

If home churned butter is used, use equal parts of butter and lard or other shortening.

*

Eggs should be at least three days old before using in cakes.

*

SLOW OVEN ------- 250 to 325 degrees
MODERATE OVEN -- 350 to 375 degrees
HOT OVEN -------- 400 to 450 degrees
VERY HOT OVEN -- 450 to 500 degrees

*

When making cake icing or candy consisting of milk or cream and sugar, add one teaspoon of ordinary table syrup for each cup of sugar used. Boil in the usual way. Your finished product will be much smoother and not so apt to become sugary.

PRESERVED CHILDREN

Take 1 large field, half a dozen children, 2 or 3 small dogs, a pinch of brook and some pebbles. Mix the children and dogs well together; put them on the field, stirring constantly. Pour the brook over the pebbles; sprinkle the field with flowers; spread over all a deep blue sky and bake in the sun. When brown, set away to cool in the bath tub.

SANDTARTS

Mothers' Class of St. Andrew's

3/4 lb. butter
2 c. sugar
2 eggs
4 c. flour

Mix butter and sugar together, add eggs mixing well. Add flour. Form into 4 balls and allow to chill several hours or overnight. Roll, cut with round cookie cutters, place on greased cookie sheets and brush tops with a mixture of egg white and water. Sprinkle with cinnamon-sugar and place half or a piece of English walnut on top. Bake at 350 degrees until edges are lightly browned.

BISCUITS

Mothers' Class of St. Andrew's

1 lb. butter
1 lb. 10X sugar
5 eggs
1 tsp. baking soda in 1 Tbsp. warm water
7 c. flour

Mix butter, sugar and eggs together, add liquid. Add flour in portions, mixing well each time. Form into ball and chill several hours or overnight. Roll and cut with cooky cutters. Place on greased cookie sheets and bake at 350 degrees until light brown around the edges.

TOLL HOUSE

Mothers' Class of St. Andrew's

1 c. butter or margarine
1 1/2 c. brown sugar
2 eggs
1 tsp. baking soda in 2 Tbsp. warm water
2 1/2 c. flour
1 c. chopped nuts
1 c. semi-sweet chocolate bits

Cream butter or oleo, add brown sugar and eggs and mix until well blended. Add liquid and flour alternately. Add nuts and bits. Drop from tip of spoon onto cookie sheet, and bake at 350 degrees.

FILLED COOKIES

Mrs. Dorothy Reber

1/2 c. butter
1 c. sugar
1/2 c. milk
1 tsp. vanilla
1 beaten egg
3 tsp. baking powder
1 tsp. salt
3 c. flour

Cream sugar and butter. Add egg and stir well. Add milk and vanilla and then dry ingredients.

FILLED COOKIES (Continued)

Filling:

3/4 c. sugar
1 c. chopped raisins
1/4 tsp. salt
1 c. boiling water
1 1/2 Tbsp. flour

Cook until thick. Put aside to cool. Mix cookie dough. Roll cookies thin. Place 1 teaspoon filling on a cookie and place another cookie on top. Seal edges. Bake.

HERMIT CHRISTMAS COOKIES — Mrs. Dorothy Reber

2/3 c. butter
1 c. sugar
2 eggs
1/2 c. milk
1 3/4 c. flour
1 tsp. baking powder
1 tsp. each of cloves, allspice, cinnamon
1/4 tsp. salt

2 c. seeded raisins
1 c. chopped nuts

Mix butter, sugar, eggs and milk together. Sift together dry ingredients and add to mixture. Add nuts and raisins. Drop on greased tins. Bake.

CHRISTMAS FRUIT DROPS — Mrs. Elsie Mock

1 c. sifted flour
1/4 tsp. salt
1/2 tsp. soda
1/2 tsp. cinnamon
1/2 c. butter
3/4 c. light brown sugar
1 egg well beaten
1 c. chopped walnut
1 c. chopped filberts or any other nuts
1 lb. pitted dates
1/4 lb. candied cherries
2 slices candied pineapple
All fruits to be cut into small pieces
1/4 c. sifted flour

Sift flour once, measure, add salt, soda, cinnamon and sift again. Chop nuts coarsely and add to the sliced fruit, and dredge with the 1/4 cup of flour and set aside. Cream butter and sugar, add beaten egg and beat well, then add the dry ingredients to the mixture, and mix until smooth. Then add nuts and fruits and drop with teaspoon on a greased cookie sheet and bake at 350 degrees for about 12 minutes. This will make about 75 small cookies.

DROP SAND TARTS — Miss Catherine Orth

3/4 lb. butter
2 c. sugar
3 eggs
1 tsp. milk
1/2 tsp. baking soda
4 c. flour

Beat eggs well, add butter and sugar, cream mixture well. Dissolve soda in the milk, add to mixture then add flour. Drop small amount of batter from a teaspoon onto a greased cookie sheet. Place broken nuts on top of each cookie. Bake in oven, 350 degrees for 10 - 12 minutes.

BUTTER CRISPIES — Mrs. Joseph Ostroski

Temperature, 375 degrees. Time 8 - 10 minutes.

1 1/2 c. sifted flour
2 tsp. baking powder
1/2 tsp. salt
3/4 c. soft butter or margarine
1 c. sugar
4 egg yolks, unbeaten
1 tsp. vanilla
1 Tbsp. cinnamon
3/4 c. finely chopped walnuts or pecans
Candied cherries

Start heating oven. Sift together first 3 ingredients. With electric mixer, cream thoroughly, butter with next 3 ingredients until very light and fluffy. At low speed, blend in flour mixture just until mixed. Form dough into 1" balls, then roll in combined cinnamon and chopped nuts. Place on ungreased sheets; flatten with a glass dipped in sugar. Place cherry in center of each and bake. Yield: 5 dozen.

COCONUT CRUNCHES — Mrs. Joseph Ostroski

Temperature, 325 degrees. Time 15 minutes.

1 c. sifted flour
1/4 tsp. baking soda
1/2 tsp. baking powder
1/8 tsp. salt
1/2 c. soft shortening
1/2 c. granulated sugar
1/2 c. brown sugar, packed
1 egg, unbeaten
1/2 tsp. vanilla
1 c. uncooked rolled oats
1 c. corn flakes
1 c. shredded coconut

Sift together first 4 ingredients. Cream shortening with sugars, add egg and vanilla and mix until light and fluffy. Beat in the flour mixture, then the remaining ingredients, just until mixed. Drop by teaspoonfuls onto greased cookie sheets. Bake. Yield: 4 dozen.

LEMON SNOW BALLS

Mrs. Elsie Elliott

Mix well:

1/2 c. soft shortening
2/3 c. sugar
2 tsp. lemon rind
1 egg

Stir in:

3 Tbsp. strained lemon juice
1 Tbsp. water

Sift together and then add to above:

1 3/4 c. sifted enriched flour
1/4 tsp. soda
1/2 tsp. salt
1/4 tsp. cream of tartar

Flour hands and form dough into balls size of small walnuts. Place 1 inch apart on ungreased baking sheet - bake 10 to 15 minutes, 350 degrees, until light brown on bottom but not on top. Roll at once in confectioner's sugar. Makes about 4 dozen.

OLD FASHIONED SUGAR COOKIES

Mrs. Cora Fries

Cream well:

1 lb. light brown sugar
1/2 lb. butter and lard

Add:

1 egg
1/2 pt. sour milk

Then add 2 cups flour sifted with 1 teaspoon baking powder. Then add 2 cups flour sifted with 1 teaspoon soda and 1 teaspoon salt. Add enough more flour to make a dough that may be rolled nicely. Cut with cookie cutter and sprinkle top of cookies with sugar Bake at about 400 degrees.

COCONUT MACAROONS

Mrs. Cora Fries

Cream:

1/4 lb. butter
1 lb. powdered sugar

Add: 3 eggs, well beaten. Sift and add 3/4 pound flour with 1 teaspoon baking powder. Then add 1 grated coconut. Drop by teaspoonful on baking sheet and bake at 375 degrees until golden brown.

SCANDINAVIAN TARTS — Mrs. Ruth O'Reilly

1/2 c. butter
1/4 c. brown sugar
1 egg separated
1 c. sifted flour
1/2 c. chopped nuts

Make into balls. Roll in chopped nuts and raw egg white. Press dent for cherry, leave in oven a few minutes, remove and add cherry on top. Total time in oven 12 minutes at 350 degrees. Replace in oven for another 10 minutes.

SNICKERDOODLES — Mrs. Elsie Mock

Mix together thoroughly:
1 c. soft shortening
1 1/2 c. sugar
2 eggs

Sift together and stir into the above:
2 3/4 c. sifted flour
2 tsp. cream of tartar
1 tsp. soda
1/2 tsp. salt

Chill dough. Roll into balls size of small walnuts, then roll into a mixture of 2 tablespoons of sugar and 2 teaspoons of cinnamon. Place about 2" apart on cookie sheet and bake until lightly browned but still soft. These cookies puff up at first, then flatten out with crinkled tops.

MEXICAN WEDDING CAKES — Mrs. Franklin Boyer

1 c. flour
1/4 lb. butter or oleo
3 Tbsp. confectioner sugar
1 tsp. vanilla
1/2 c. chopped pecans

Cream butter and sugar, add flour, vanilla and nuts. Drop by 1/2 teaspoon on cookie sheet. Flatten. Bake at 350 degrees for 12 minutes, when partly cool, roll in confectioners sugar.

HUNGARIAN BREAD (COOKIES) — Mrs. Daisy Herring

3 3-oz. cakes cream cheese 1/2 lb. margarine

Blend well like pie dough. Add 1 large egg. Mix well. Add 1 yeast cake. Mix well. Add 2 1/2 c. sifted flour. Blend well and chill.

Filling:
2 lb. English walnuts, shell and grind fine
3 egg whites, beaten to a froth
1 large cup sugar

HUNGARIAN BREAD (Continued)

Blend well. Divide dough and filling into 4 parts. Roll out dough and make 12 squares out of each quarter. Fill each square and roll in confectioners sugar and bake on ungreased cookie sheet about 20 minutes until golden brown. Bake at 375 degrees.

DATE DAINTIES (COOKIES) Mrs. J. William Engle

1 lb. chopped pitted dates
1 lb. chopped black walnuts
5 Tbsp. flour, use with dates and nuts
3/4 c. light brown sugar
2 tsp. baking powder
Pinch of salt
1 tsp. vanilla
3 eggs

Grease tins. Drop by spoonfuls. Use hot oven.

SARIE'S SUGAR COOKIES Mrs. E. Merrit Stone

1 1/2 c. sugar
2 eggs
4 rounding Tbsp. shortening

Cream the above ingredients together until light and fluffy.

1 c. buttermilk
2 3/4 c. flour
3 tsp. baking powder

Measure flour and baking powder and sift together. Add buttermilk to creamed mixture and stir. Sift dry ingredients into batter and beat well- until stiff. It may be necessary to add some flour. Drop by teaspoon on greased cookie sheet and sprinkle with a mixture of cinnamon-sugar. Bake at 350 degrees 10 - 12 minutes or until light brown around the edges.

FRENCH ICING Mrs. Cora Fries

2 Tbsp. water
4 1/2 Tbsp. sugar

Heat until sugar is dissolved, then add:
2 1/2 c. confectioners sugar
1 egg
2/3 c. vegetable shortening
1 tsp. vanilla
1/2 tsp. salt

Beat until light and creamy.

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TUTTIE'S SPONGE CAKE — Mrs. Leon Ostroski

3 eggs
1 1/2 c. sugar
1 1/2 c. flour
1 tsp. baking powder
3/4 c. hot milk
Small piece of butter

Beat eggs until light and fluffy. Add remaining ingredients. Bake in 8" ungreased tube pan in an oven heated to 375 degrees for 30 minutes.

HULA CAKE — Mrs. Carl Koffke

YOUR favorite yellow or white cake (or 1 pkg. cake mix)
1 glass jelly (currant, strawberry, or pineapple are good)
1 can coconut

Bake cake in 9" cake pans. Put jelly in bowl and stir with fork until spreading consistency. Spread jelly on cakes while still warm, sprinkle coconut over jelly.

The layers can be put together like any other cake or may be served as one layer.

PINEAPPLE FLUFF CAKE — Mrs. Carl Koffke

Betty - This is like my orange sponge cake use orange juice + grated orange rind

6 egg whites
1/4 tsp. salt
3/4 c. sugar
6 egg yolks
3/4 c. sugar
1 Tbsp. lemon juice
1/2 c. unsweetened pineapple juice
1 1/2 c. flour
1 tsp. baking powder

Beat egg whites with salt to form moist glossy peaks. Gradually, beat in 3/4 cup of sugar; beating until they are very stiff. Beat egg yolks and 3/4 cup of sugar until thick; add lemon juice and pineapple juice; beat until sugar dissolves. Sift flour with baking powder. Add to egg yolk mixture. Fold in the beaten egg whites carefully. Bake in a 10" ungreased tube pan at 325 degrees for 60 to 70 minutes. Invert and cool about one hour, remove from pan and frost.

Creamy Icing:

3 Tbsp. butter
3 Tbsp. shortening
1/4 tsp. salt
1 tsp. vanilla
3 c. sifted confectioners' sugar
6 Tbsp. light cream

use orange juice

POUND CAKE — Mrs. Carl Koffke

1 lb. 4X sugar
1/2 lb. butter
6 eggs
1/2 c. milk
1 lb. flour
2 tsp. baking powder
1 tsp. vanilla

Cream butter well. Gradually add sugar; continue beating until smooth. Add vanilla. Add eggs, one at a time, beating well after each addition. Add flour and milk alternately and blend well. Pour into a well greased and floured 10" tube pan. Bake at 350 degrees for about one hour.

POUND CAKE — Mrs. Amanda Schwambach

1 lb. confectioners sugar
3/4 lb. butter or margarine
6 eggs, beaten together
2 c. flour
1 pinch salt

Mix sugar, butter and cream. Add eggs, flour and salt. Bake in 350 degree oven for about one hour.

ALL-TOGETHER POUND CAKE — Mrs. Cora Fries

1/4 lb. butter
1/2 c. Crisco
4 eggs
1 1/2 c. sugar
2 c. flour
2 tsp. baking powder
1/4 tsp. salt
1 tsp. vanilla
1/2 c. milk

Have all ingredients at room temperature. Mix all together. Put cake in cold oven. Set temperature at 350 degrees and bake 1 hour.

COCONUT MERINGUE CAKE — Mrs. Winnie Woodworth

5 Tbsp. shortening
1/2 c. plus 2 Tbsp. sugar
3 egg yolks
1 c. sifted flour
1 1/4 tsp. baking powder
1/4 tsp. salt
1/2 c. minus 2 Tbsp. milk
1/2 tsp. lemon extract
1/2 tsp. vanilla

Cream shortening, add sugar gradually and cream until fluffy. Beat egg yolks until thick and lemon colored and stir into creamed mixture. Sift flour, baking powder and salt together and stir into creamed mixture alternately with milk. Stir in lemon and vanilla extracts. Pour into greased and floured 8" square baking pan.

COCONUT MERINGUE CAKE (Continued)

Topping: Beat three egg whites until stiff enough to hold a point. Gradually beat in one cup confectioners sugar. Beat until very stiff and glossy. Fold in one cup coconut. Spread on top of cake batter. Bake about 40 minutes in 350 degree oven.

CRUMB CAKE — Mrs. Mildred Schleifke

Beat until fluffy:

1 c. shortening
2 eggs
1 c. light brown sugar
1 c. granulated sugar

To 1 cup buttermilk add 1 teaspoon soda, 1/2 teaspoon vanilla and add to the first mixture. Add 3 cups flour. Pour batter into greased and floured 13" x 9" pan, top with crumbs.

Crumbs:

3/4 c. flour
1/4 tsp. salt
2/3 c. sugar
1/3 c. butter

Mix together and sprinkle on top of batter, bake for 40 minutes at 350 degrees.

CRUMB CAKE — Mrs. Mary Maurer

3 c. flour
1 lb. light brown sugar
3/4 c. shortening

Mix altogether. Take out 1 cup of mixture for crumbs. Set aside. Add to remaining mixture 2 eggs, 1 1/2 cup buttermilk or sour milk, to which you add 1 1/2 tsp. baking soda. Place this mixture in a 13 x 9 x 1 1/2" pan. Spread the 1 cup of crumbs on top and sprinkle with cinnamon. Bake about 45 minutes at 350 degrees.

BUTTER CRUMB CAKE — Mrs. Marguerite Groff

1/2 lb. butter
3 c. sifted flour, before measuring
2 c. sugar
3 tsp. baking powder
3 eggs
1 c. milk

Mix dry ingredients together. Cut in butter, like pie dough. Take out one cup crumbs. Beat eggs in milk. Add gradually to rest of dry ingredients. Sprinkle the one cup of crumbs on top of cake. Bake at 350 degrees for 45

BUTTER CRUMB CAKE (Continued)

minutes in a greased 13 x 9" pan.

BREAKFAST CAKE — Mrs. Francis R. Graeff

3 c. flour
2 c. sugar
2 tsp. baking powder
Pinch of salt
1/2 c. shortening

Mix together, take handful of crumbs out for top of cakes. Then add:

3 eggs
1 c. milk
1 tsp. vanilla

Makes 2 8" cakes.

BREAKFAST CAKE — Kitty McNoldy

3 c. flour
2 c. sugar
4 Tbsp. ~~sugar~~ butter
1 tsp. salt
3 tsp. baking powder
2 eggs, separated
1 1/4 c. milk

Sift flour and sugar together, add butter and crumbs - (take out 2 tablespoons for top crumbs), add salt, baking powder and beaten egg yolks. Add milk gradually and lastly beaten egg whites. Top with crumbs, cinnamon and dot with butter. Makes two 8" cakes. Bake in 375 degree oven for 25 minutes.

BLACK FRUIT CAKE — Kitty McNoldy

1 lb. seedless raisins
1 lb. currants
2 lb. seeded raisins
1/2 lb. candied orange and lemon peel
1/2 lb. citron
1 lb. each nuts and figs
6 c. sifted enriched flour - not cake flour
2 tsp. baking powder
1 tsp. baking soda
3 tsp. cinnamon
1 tsp. each of allspice and nutmeg
1/4 tsp. cloves
2 c. shortening
2 c. brown sugar
6 eggs
1 c. jelly - any kind
1 c. grape juice or wine
3 Tbsp. vanilla

First prepare fruit and nuts; slice finely citron, orange and lemon peel; cut up 1/2 or 1/4 inch pieces. If

BLACK FRUIT CAKE (Continued)

hard, first soften by heating over hot water. Cut figs larger. If raisins and currants are very dry, wash and heat them. Cut up nuts coarsely.

Take one cup of the flour and mix with baking powder, soda, cinnamon, allspice, cloves and nutmeg; set aside.

Take another cup or more and mix with the fruit and nuts so they will not stick together. Set aside.

In a very large bowl cream the shortening and sugar. Add the eggs and mix. To this add the one cup of flour and spice mixture. Mix and add the jelly and wine. Next add the fruit mixture and the flour that is left. Last step is to add the vanilla. Mix and pour into pans lined with two layers of heavy plain paper. Makes 4 loaves 8 x 4 x 3". Fill pans almost full. Bake in very slow oven about 2 hours at 250 degrees to 300 degrees. Peel off paper while hot.

CHERRY CAKE — Mrs. Amandus Dry

Sift together into large bowl:

2 c. sugar
2 1/2 c. flour
2 tsp. cornstarch
2 tsp. baking powder

In another bowl beat together the following and add to dry ingredients:

1/2 c. butter or margarine
1 c. milk
4 egg yolks
1 tsp. vanilla

To this mixture add 1 bottle maraschino cherries (chopped fine - save some of juice and cherries for icing of cake.) Beat stiff the 4 egg whites and gently fold into the batter. Bake in 2 9" layer pans, 350 degrees 40 minutes.

GINGERBREAD UPSIDE DOWN CAKE — Jean L. Gery

Melt in large iron frying pan 1 1/2 tablespoon butter. Add and heat to boiling 1/2 cup molasses. Remove from heat and arrange pineapple slices with raisins and nut meats in the spaces.

Cream:

3 Tbsp. shortening
1/2 c. sugar

Mix:

1/2 c. molasses
1/2 c. boiling water
1 egg

GINGERBREAD UPSIDE DOWN CAKE (Continued)

Sift and add:

1 3/4 c. flour
1/2 tsp. soda
1 tsp. baking powder
1 tsp. ginger
1 tsp. cinnamon
1/4 tsp. nutmeg
1/4 tsp. cloves
1/2 tsp. salt

Pour batter over pineapple, bake in moderate (350 degree) oven for 30 - 35 minutes. Turn upside down on large round plate and place a maraschino cherry in holes of pineapple.

RAISIN APPLESAUCE CAKE — Jean L. Gery

2 1/2 c. sifted flour
1 1/2 tsp. soda
1 tsp. salt
1 tsp. cinnamon
1/2 tsp. cloves
1/2 tsp. nutmeg
3/4 c. shortening
1 1/4 c. sugar
2 eggs
1/2 c. light molasses
1 can (17 oz.) applesauce
1/2 c. chopped nuts

Sift flour with soda, salt and spices. Cream shortening, add sugar and beat. Add eggs, 1 at a time, add molasses and beat. Stir in applesauce and nuts. Blend in dry ingredients. Bake in 350 degree oven 20 - 25 minutes.

Raisin Penuche Icing: Combine 1/3 cup butter, 1/3 cup brown sugar, 1/3 cup light cream. Bring to a full boil. Remove from heat. Gradually stir in 3 - 3 1/2 cups confectionary sugar (sifted). Beat, add 1 teaspoon vanilla, 1/4 cup chopped nuts and 1 cup coarsely cut raisins.

DEVIL'S FOOD CAKE — Mrs. Robert F. Boyer

2 c. milk
2 oz. butter
4 oz. chocolate
2 c. sugar
2 eggs
1 tsp. vanilla
2 c. flour
2 tsp. baking soda
1 pinch salt

Melt and cook milk, butter and chocolate, then add sugar and cool for 1/2 hour. Beat eggs and vanilla well. Pour this into first mixture. Sift flour, baking soda and salt. Then add this gradually while mixing for 2 minutes at a low speed on an electric mixer. Pour batter into greased and floured pans and bake for 35 minutes in 350 degree oven.

CHOCO CAKE

Mrs. Florence Post

2 c. sifted cake flour
2 c. sugar
3/4 c. Crisco
1 tsp. salt
3/4 c. cocoa, sifted
3/4 c. milk plus 1 Tbsp.

Beat above ingredients together at medium speed for 2 minutes then add:

1 1/2 tsp. baking soda
1/2 tsp. baking powder
1/2 c. milk
3 eggs, unbeaten
1 1/2 tsp. vanilla

Bake at 350 degrees 25 minutes.

CHOCOLATE CAKE

Mrs. J. William Engle

3 c. light brown sugar or 1 box
3/4 c. Crisco and butter

Cream together.

3 unbeaten eggs
3/4 c. cocoa
3/4 c. sour milk
3/4 c. boiling water with 3 tsp. baking soda
3 c. flour sifted with 1/2 tsp. salt

Add flour and water alternately to first mixture.

2 tsp. vanilla

Bake at 350 degrees about 35 minutes. Frost with coffee-butter icing.

FUDGE CAKE

Jean L. Gery

Cook in double boiler until thick and cool:
1 c. milk
4 sq. baking chocolate

Beat and add to mixture 4 egg yolks. Add 2 cups sugar. Sift and add:

1 c. flour
1 rounded tsp. baking powder
Salt

Add 1 teaspoon vanilla. Fold in 4 stiffly beaten egg whites.

Bake in 2 8" layer cake pans 25 - 30 minutes, 350 degrees.

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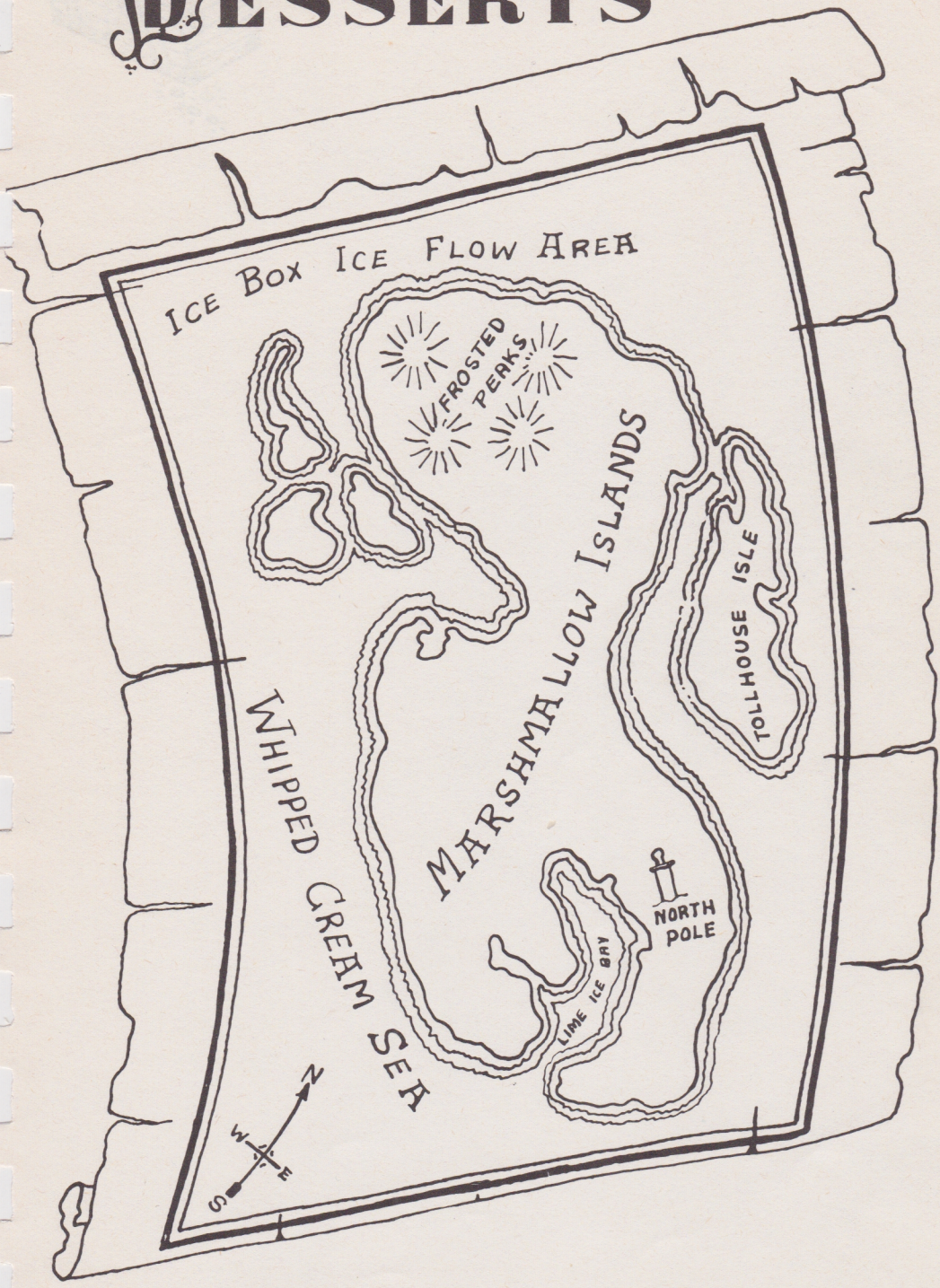
DESSERTS


ICE BOX ICE FLOW AREA
FROSTED PEAKS
MARSHMALLOW ISLANDS
TOLLHOUSE ISLE
WHIPPED CREAM SEA
NORTH POLE
LIME ICE BAY
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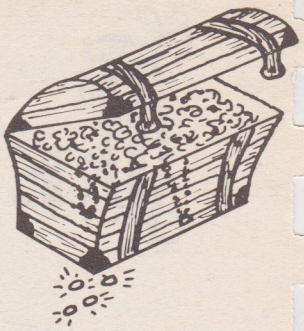
EXTRA TREASURED RECIPES



CHERRY TORTE

Mrs. Ruth O'Reilly

1 c. flour
1 1/4 c. sugar
1 tsp. soda
1 tsp. cinnamon
1 Tbsp. melted butter
1/2 tsp. salt
1 #2 can cherries, well drained
1 egg beaten
1 c. chopped nuts

Mix dry parts together in order. Add nuts. Mix cherries and eggs and butter together. Mix with dry ingredients. Bake at 350 degrees for 45 minutes in greased pan 7 x 11".

Sauce:

1 c. cherry juice
1 Tbsp. cornstarch
1/2 tsp. salt
1 c. sugar
A few drops coloring (red)

Mix dry ingredients together, add juice, stir smooth. Cook till thick. Add butter and color. Top with whipped cream.

STRAWBERRY ANGEL FOOD FROST

Mrs. Ruth O'Reilly

1/2 pt. whipping cream (heavy)
1 box frozen strawberries
1 pkg. strawberry jello
1 c. hot water

Refrigerate 4 hours before serving. Place on top of angel food cake which has been replaced in cake pan after cooling. DO NOT FREEZE.

BREAD PUDDING

Mrs. Gloria Stone

Cut bread in cubes, 1 cup is enough. Mix with 1 cup milk, 3 tablespoons sugar, 1/2 teaspoon salt, 1/2 teaspoon vanilla and 2 slightly beaten eggs. Sprinkle with nutmeg if you like and bake in moderate oven, 350 degrees, until it is puffed up (about 25 - 30 minutes). Serves 4 to 6.

COOKY DESSERT (12 to 18 servings)

Idamae Miles Beyerle
Kewanee, Illinois

1/2 lb. chocolate sandwich type cookies (I use 20 of chocolate Hydrox cookies made by Sawyer Co.)
2 Tbsp. plain gelatine

COOKY DESSERT (Continued)

1/3 c. cold water
1/3 c. boiling water
5 egg whites beaten stiff
3/4 c. sugar
1/8 tsp. salt
2 tsp. vanilla
2 c. cream, whipped

Place cookies in a plastic bag - or between 2 pieces of waxed paper. Crush with rolling pin. Place about 2/3 of crumbs in bottom of a dish about 8 x 12 x 2". (I use one of pyrex that size - it holds 2 quarts.) Soften gelatine in cold water. Add boiling water and stir until dissolved. Beat sugar and salt into egg whites gradually; using electric mixer - or hand beater. Fold in dissolved and cooled gelatine and vanilla slowly. Fold in cream. Turn into dish and top with remaining crumbs. Chill for several hours or overnight. Cut into squares and serve.

APPLE CRISP — Mrs. Gloria Stone

Place in greased 6 x 10 inch baking dish 5 to 6 cups sliced, pared or unpared apples (about 6 tart firm apples). Mix together with fork until crumbly and sprinkle over the apples:

1 c. sifted enriched flour
1/2 to 1 cup sugar (depending on tartness of apple and sweetness desired)
1 tsp. double action baking powder
3/4 tsp. salt
1 unbeaten egg

Pour over all 1/3 cup shortening, melted and cooled. Sprinkle with cinnamon. Bake 30 to 40 minutes in 350 degree oven. Serve warm with cream or top milk. Can also be served cold. Serves 8.

JELLO DESSERT — Kitty McNoldy

1 pkg. lemon jello
1 can crushed pineapple
1 can milk
1 c. marshmallows cut in small pieces
1 c. cooked rice (1/2 uncooked)

Set jello. Beat jello. Beat milk in another bowl. Add jello, rice and drained pineapple and marshmallows to the beaten milk folding in easily. Put into the refrigerator until time to serve. Do not freeze.

TROPICAL FREEZE — Miss Cheryl Stone

1 can (6 oz.) frozen orange concentrate
1/4 c. lemon juice
1 large can (1 2/3 c.) undiluted Carnation Milk
1/2 c. sugar

Take frozen orange concentrate from freezer, so that it will be softened. Pour Carnation into refrigerator tray; put into ice cube section or freezer to chill until there are soft crystals through the milk, about 30 minutes. Pour chilled Carnation into a large bowl. Whip it with an egg beater until stiff, about 2 minutes. Add lemon juice. Continue whipping until Carnation is VERY stiff, about 2 - 3 minutes longer. Mix the sugar and softened orange concentrate into the whipped Carnation with a wooden spoon. Put the Tropical Freeze into two small (or 1 large) refrigerator trays. Put it in the freezing compartment of the refrigerator for 2 - 3 hours or overnight.

JELLO JEWEL DESSERT — Corinne Price

1 pkg. each of cherry, lime, orange, lemon jello
2 c. cream, whipped
3 c. hot water (boiling)
1 1/2 c. cold water
1 c. pineapple juice - hot
1/4 c. sugar
1/2 c. cold water
1 c. graham cracker crumbs
1/4 c. melted butter

Mix cherry, lime and orange jello each with 1 cup boiling water and 1/2 cup cold water. Place each kind (3) in an 8 x 8 x 2" pan. Let these jell until solid. Mix lemon jello with 1 cup hot pineapple juice into which 1/4 cup of sugar has been dissolved. Then add 1/2 cup cold water and cool until syrupy. Into this mixture, mix the whipped cream. Cut the three pans of jello into 1/2" cubes. Fold these cubes into the whipped cream mixture.

Mix graham cracker crumbs with the melted butter, and spread crumbs on bottom of large tube pan (10"). Place jello-whipped cream mixture in pan and chill. Turn out on large flat plate or tray and cut into wedges for serving.

ROSY FRUIT COBBLER — Mrs. Emma Bryson

Bake at 450 degrees about 25 minutes. 8 servings.

Fruit Sauce:

1 1/4 c. sugar
2 Tbsp. cornstarch
1/4 tsp. ground cloves
1 large orange
2 Tbsp. butter or oleo
1 1/2 lb. washed rhubarb, cut in 1" pieces (about 6 c.)

ROSY FRUIT COBBLER (Continued)

Biscuit Topping:

2 c. sifted flour
1/4 c. sugar
3 tsp. baking powder
1 tsp. salt
6 Tbsp. shortening
1 c. milk
2 Tbsp. sugar (for topping)

Prepare fruit sauce: blend sugar, cornstarch, cloves in large saucepan. Grate rind from orange - save - squeeze and measure juice, adding water to make 1 cup liquid, stir into sugar-cornstarch mixture. Bring to boiling, stirring constantly; add butter or oleo and rhubarb; remove from heat.

Prepare biscuit topping: Sift flour, sugar, baking powder and salt into medium size bowl. Cut in shortening with pastry blender or 2 knives until mixture is crumbly. Pour in milk; stir with fork just until blended. Dough will be soft. Heat rhubarb mixture to boiling; pour into 2 1/2 quart baking dish; carefully spoon biscuit topping in 8 mounds over top of hot fruit. Combine sugar and reserved grated orange rind; sprinkle over tops of biscuits. Bake in hot oven until rhubarb is tender.

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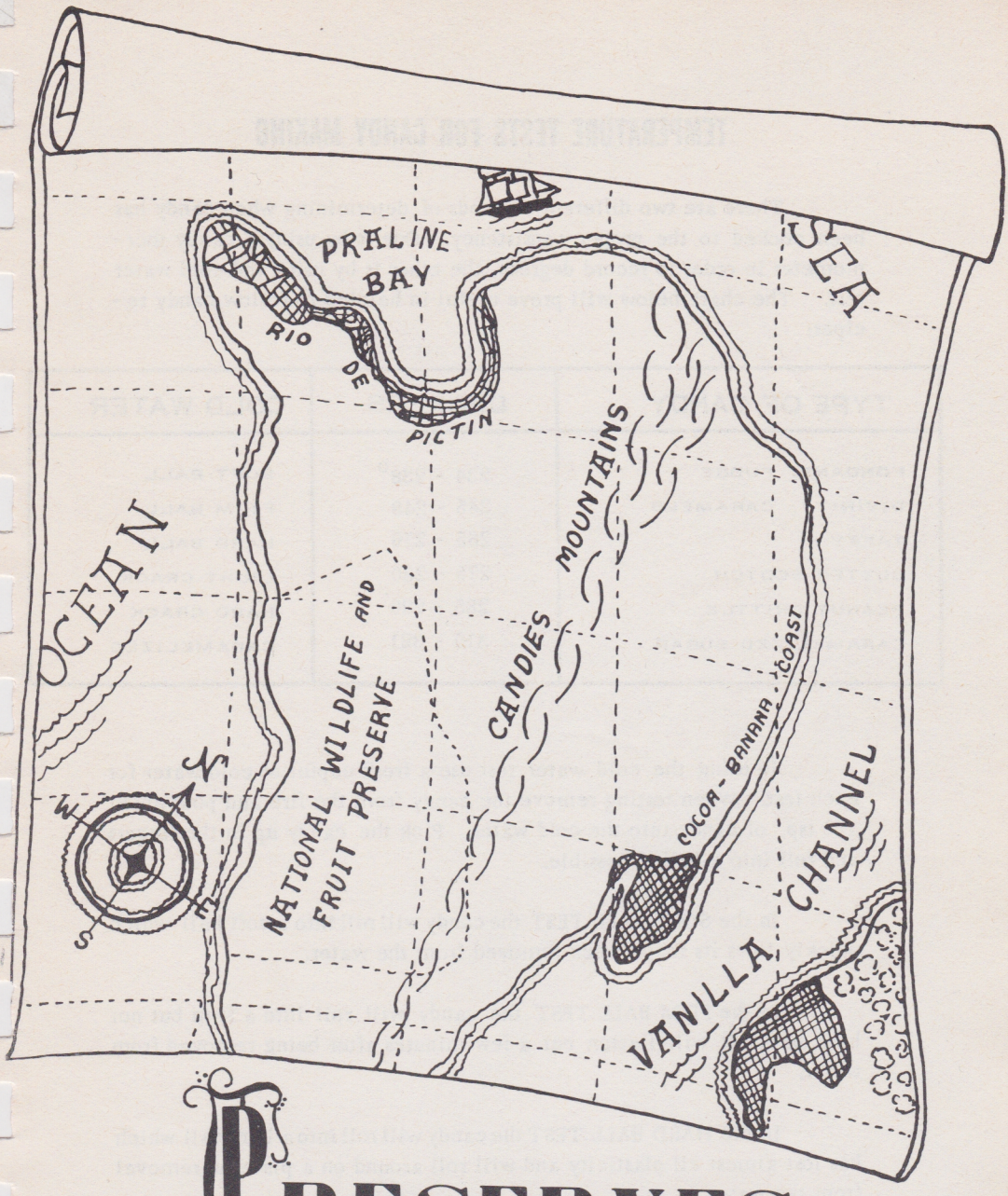

PRESERVES

JELLY CANDY

TEMPERATURE TESTS FOR CANDY MAKING

There are two different methods of determining when candy has been cooked to the proper consistency. One is by using a candy thermometer in order to record degrees, the other is by using the cold water test. The chart below will prove useful in helping to follow candy recipes:

TYPE OF CANDY	DEGREES	COLD WATER
FONDANT, FUDGE	234 - 238°	SOFT BALL
DIVINITY, CARAMELS	245 - 248	FIRM BALL
TAFFY	265 - 270	HARD BALL
BUTTER SCOTCH	275 - 280	LIGHT CRACK
PEANUT BRITTLE	285 - 290	HARD CRACK
CARAMELIZED SUGAR	310 - 321	CARAMELIZED

In using the cold water test use a fresh cupful of cold water for each test. When testing remove the candy from the fire and pour about 1/2 tsp. of candy into the cold water. Pick the candy up in the fingers and roll into a ball if possible.

In the SOFT BALL TEST the candy will roll into a soft ball which quickly loses its shape when removed from the water.

In the FIRM BALL TEST the candy will roll into a firm but not hard ball. It will flatten out a few minutes after being removed from water.

In the HARD BALL TEST the candy will roll into a hard ball which has lost almost all plasticity and will roll around on a plate on removal from the water.

In the LIGHT CRACK TEST the candy will form brittle threads which will soften on removal from the water.

In the HARD CRACK TEST the candy will form brittle threads in the water which will remain brittle after being removed from the water.

In the CARAMELIZING the sugar first melts then becomes a golden brown. It will form a hard brittle ball in cold water

QUINCE HONEY

Mrs. Cora Fries

2 lb. granulated sugar
1 pt. water
2 quinces, well washed
1 apple, well washed

Peel apple and quinces. Cook peelings in 1/2 cup water. Grate fruit. Boil sugar and water until it spins a thread. Add grated fruit and liquid from peelings. Cook slowly until it jells, about 20 minutes.

CHRISTMAS MOUNDS

Mrs. Ruth Hunsberger

1 6-oz. pkg. semi-sweet chocolate pieces
1 6-oz. pkg. caramel chips
1 5 1/2-oz. can chow mein noodles

Put chocolate pieces and caramel chips in top of double boiler. Melt over hot water, immediately stir in chow mein noodles, breaking them slightly with edge of mixing spoon. Drop teaspoonfuls onto waxed paper, shape into little mounds. Cool in refrigerator. Makes about 40.

OLD FASHIONED MOJHY CANDY

Mrs. Leon Ostroski

2 c. sugar
1/2 c. molasses
1/4 c. water
1 tsp. vinegar
1 tsp. vanilla
1 tsp. butter

Add all ingredients into deep saucepan. Cook until ingredients form a hard ball in cold water. Pour into greased muffin pan or 9" pie pan. If desired nuts or coconut can be added to mojhy mixture.

COLD FUDGE

Mrs. Ruth Slichter

1 lb. confectioners' sugar
1 egg
3 Tbsp. cream
1 Tbsp. melted butter
1 tsp. vanilla
1/4 lb. chocolate, melted
Pinch of salt

Melt chocolate and butter together. Cool. Add beaten egg and cream, gradually add the sugar and salt. Beat until smooth. Pour on a greased platter.

NOUGAT Mrs. Joseph Ostroski

Thoroughly butter inside of 8 x 8" pan. Set out candy thermometer. Blanch and chop 1/2 cup (about 2 oz.) pistachios. Blanch, toast and chop 1 cup (5 1/2 oz.) almonds. Set nuts aside. Combine in a heavy saucepan having a tight fitting cover:

2 c. sugar
1 c. water
2 Tbsp. white corn syrup

Stir over low heat until sugar is dissolved. Increase heat to medium and bring mixture to boiling. Cover saucepan and boil mixture gently for 5 minutes. (This will dissolve any crystals that may have formed on sides of saucepan.) Remove cover and set thermometer in place. Continue cooking without stirring. Using pastry brush dipped in water, wash down crystals from sides of saucepan from time to time during cooking. Shortly before syrup reaches 290 degrees (soft crack stage, remove from heat for testing), beat in a 4 quart mixer bowl until stiff peaks are formed - 4 egg whites.

When the syrup reaches 290 degrees immediately pour syrup in a fine stream onto stiffly beaten egg whites. Using electric beater, beat at high speed constantly until mixture is thick and bowl is warm (about 100 degrees) to touch.

Meanwhile, wash thermometer. Combine in a saucepan and set thermometer in place (mixture must cover thermometer bulb.)

1 c. honey
2 Tbsp. white corn syrup

Cook over medium heat until thermometer reaches 270 degrees, (soft crack stage). To keep bubbles from rising above top of pan during cooking, pat bubbles down with back of wooden spoon. At once pour a fine stream into egg white mixture, beating constantly at a medium speed until mixture has lost some of its gloss. (The longer the mixture is beaten the shorter will be the drying period over boiling water.)

Transfer mixture to double boiler top and place over boiling water. Using a wooden spoon constantly stir and turn mixture until it no longer looks moist, at least 25 minutes. Nougat is done when a small amount, removed on a spoon and cooled, is no longer sticky. (Nougat on spoon should not stick to finger when finger is pressed on it.) Mix in 2 teaspoons vanilla.

NOUGAT (Continued)

Gradually stir in the nuts. Turn into pan and set on a cooling rack for 10 minutes. Press down firmly with hand. When completely cooled, cover pan tightly. Set aside to ripen at least 24 hours. Loosen sides and shake well to remove block of candy from pan to cutting board. Cut into 1 1/2" oblong pieces.

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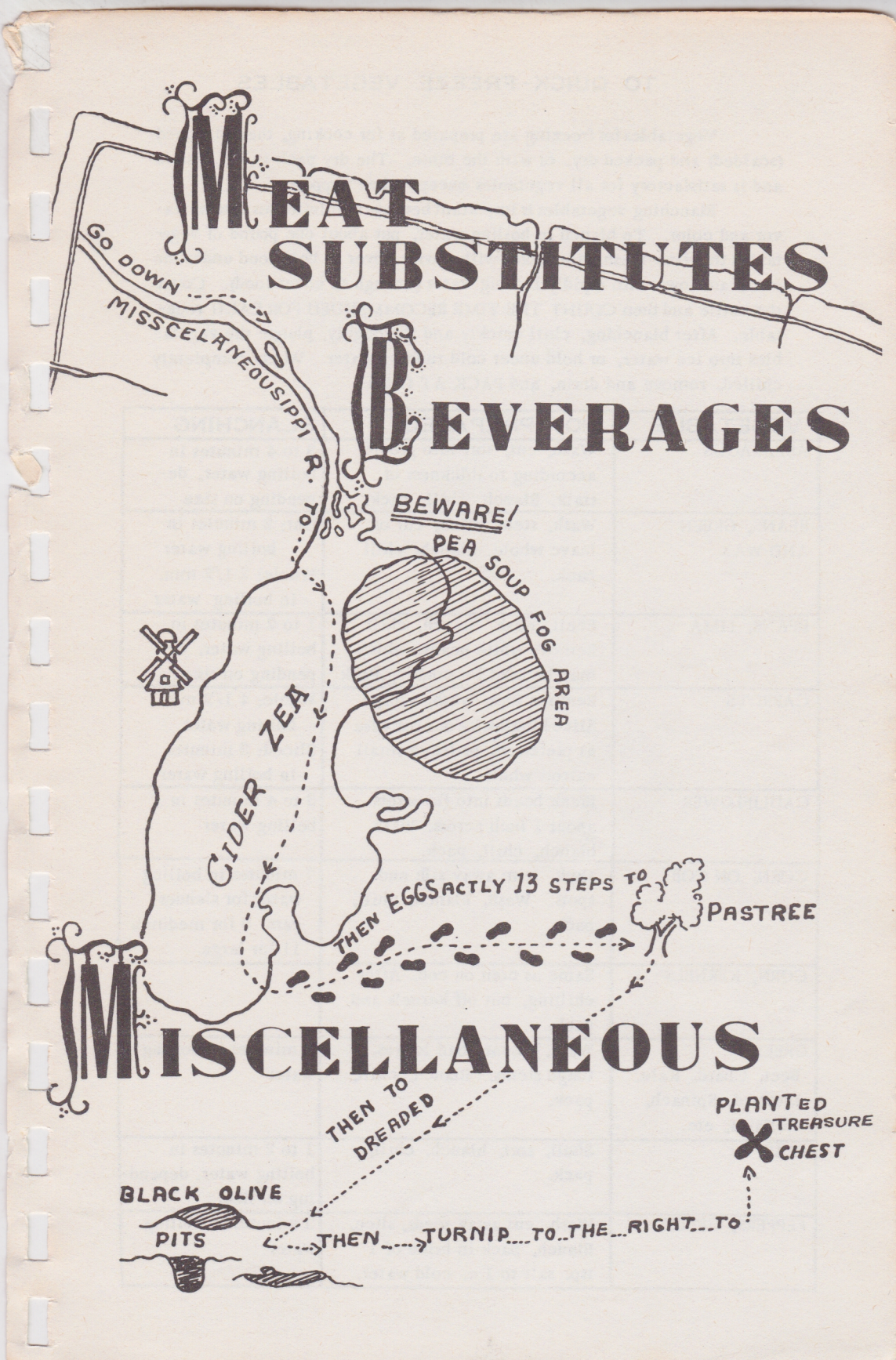
MEAT SUBSTITUTES
BEVERAGES
GO DOWN
MISSCELANEOUSIPPI R.
TO
BEWARE!
PEA SOUP FOG AREA
CIDER ZEA
THEN EGGSACTLY 13 STEPS TO
PASTREE
MISCELLANEOUS
THEN TO DREADED
PLANTED TREASURE CHEST
BLACK OLIVE PITS
THEN TURNIP TO THE RIGHT TO

TO QUICK-FREEZE VEGETABLES

Vegetables for freezing are prepared as for cooking, then blanched (scalded) and packed dry, or with the brine. The dry pack is less trouble and is satisfactory for all vegetables except green peppers.

Blanching vegetables is important because it minimizes loss of flavor and color. To blanch in boiling water, put about one pound of vegetables in a fine-mesh wire basket with a wire cover to hold food under the water and lower into rapidly boiling water (enough to cover food). Cover the kettle and then COUNT THE TIME RECOMMENDED FOR EACH vegetable. After blanching, chill quickly and thoroughly, plunge the vegetables into ice water, or hold under cold running water. When completely chilled, remove and drain, and PACK AT ONCE.

VEGETABLE	HOW PREPARED	BLANCHING
ASPARAGUS	Wash, cut, sort into groups according to thickness of stalk. Blanch, chill, pack.	3 to 4 minutes in boiling water, depending on size
BEANS, GREEN AND WAX	Wash, stem, slice, cut or leave whole. Blanch, chill pack.	Cut: 2 minutes in boiling water Whole: 2 1/2 min. in boiling water
BEANS, LIMA	Shell, wash, blanch, chill. Remove white beans, which may be used for cooking. Pack	1 to 2 minutes in boiling water, depending on size.
CARROTS	Remove tops, wash, scrape. Slice lengthwise or crosswise as preferred, or leave small carrots whole	Whole: 4 1/2 min. boiling water Sliced: 3 minutes in boiling water
CAULIFLOWER	Break heads into flowerets about 1 inch across. Wash, blanch, chill, pack.	3 to 4 minutes in boiling water
CORN, ON COB	Husk, trim away silk and spots. Wash, blanch, chill, pack.	7 minutes in boiling water for slender ears. 9 for medium, 11 for large.
CORN, KERNELS	Same as corn on cob. After chilling, cut off kernels and pack.	
GREENS Beet, Chard, Kale, Mustard, Spinach, Collards, etc.	Wash, discard bad leaves, tough stems. Blanch, chill, pack.	2 minutes in boiling water
PEAS	Shell, sort, blanch, chill, pack.	1 to 2 minutes in boiling water, depending on size.
PEPPERS, GREEN	Wash, cut away seeds, slice. Blanch, pack in brine of 1 tsp. salt to 1 c. cold water.	3 minutes in boiling water

HOT CRANBERRY PUNCH

Mrs. Gloria Stone

1 c. apple juice
3 c. cranberry juice
1/2 c. strained orange juice (1 large orange)
Juice of 1 lemon, strained (2 1/2 to 3 Tbsp.)
3 whole cloves
1 small piece stick cinnamon (about 1 1/2" stick)
2 to 4 Tbsp. sugar
1 orange, sliced
1 lime, sliced
Cloves to stud orange and lime slices

Combine apple juice, cranberry juice, orange juice, lemon juice, cloves, cinnamon and sugar in a 2 quart saucepan; stir to dissolve sugar and blend ingredients.

Cover and heat on a low heat until punch comes to a boil. Carefully strain punch into punch bowl. Serve while hot.

Slice orange and lime and stud with cloves. Float for a garnish on top of punch. Makes about 1 quart or about 16 1/2-cup servings. (Note: This punch can be multiplied successfully. Heat punch in 6 - 8 quart container on medium heat until punch comes to boil).

POT PIE

Ruth O'Reilly

1 3/4 c. flour
1 tsp. baking powder
1 egg
1 pinch of salt
1 heaping Tbsp. butter
1 tsp. Crisco
Add enough milk to moisten to make dough

Roll and cut into squares. Alternate layers of potatoes, dough and chopped onion and parsley into chicken stock and meat. Cover and boil 20 minutes.

NOODLE DOUGH

Mrs. William L. Wesner

Mix together:
2 eggs
1/2 eggshell water
1/2 tsp. salt

Add flour till you can handle it, without it sticking. Partially dry the dough over the oven door or on a radiator. Cut on a board into size desired. Drop into rapidly boiling soup broth and cook for a minute or so or until the noodles come up to the top of the broth. This recipe would make enough noodles for four servings.

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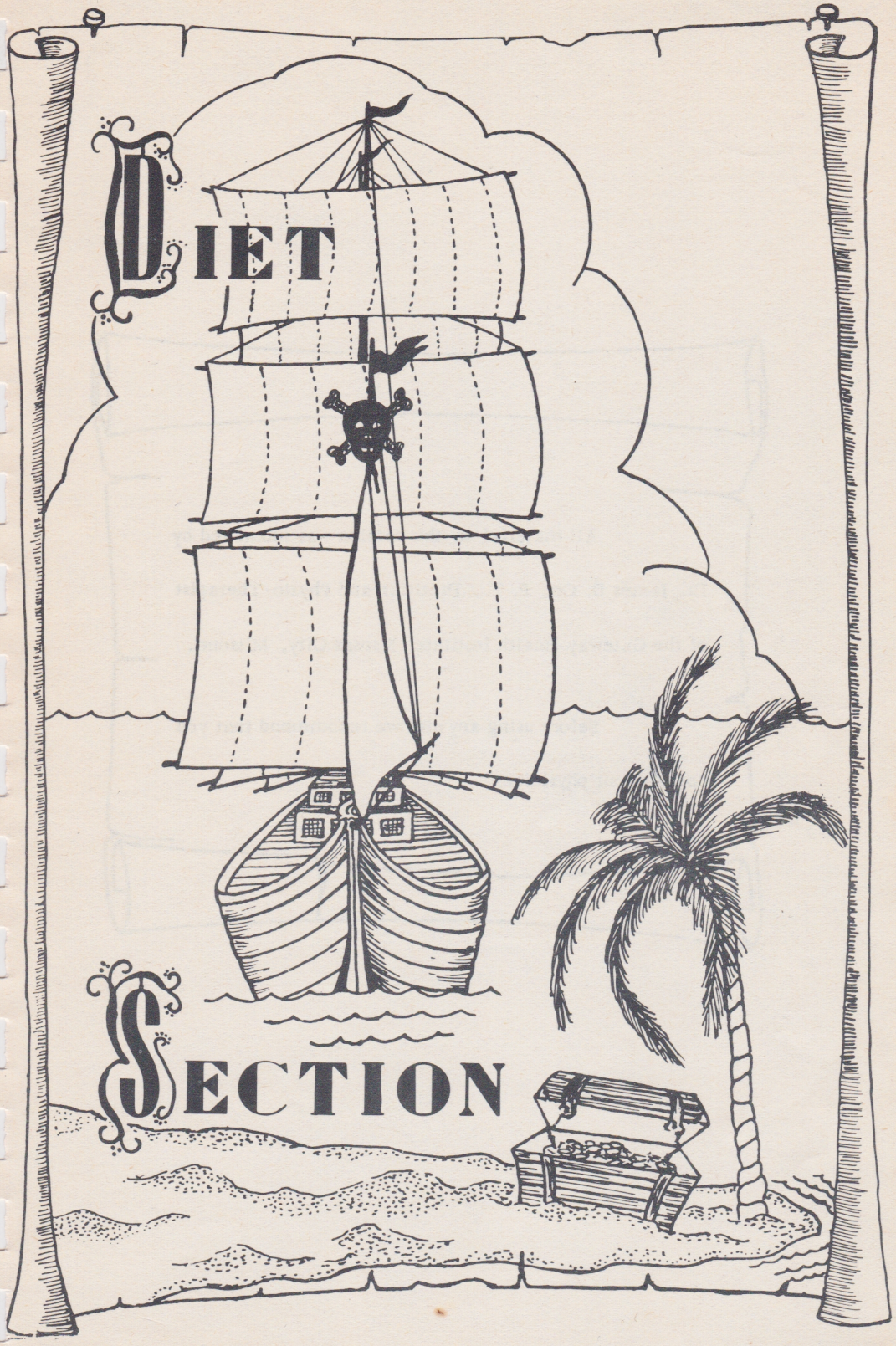
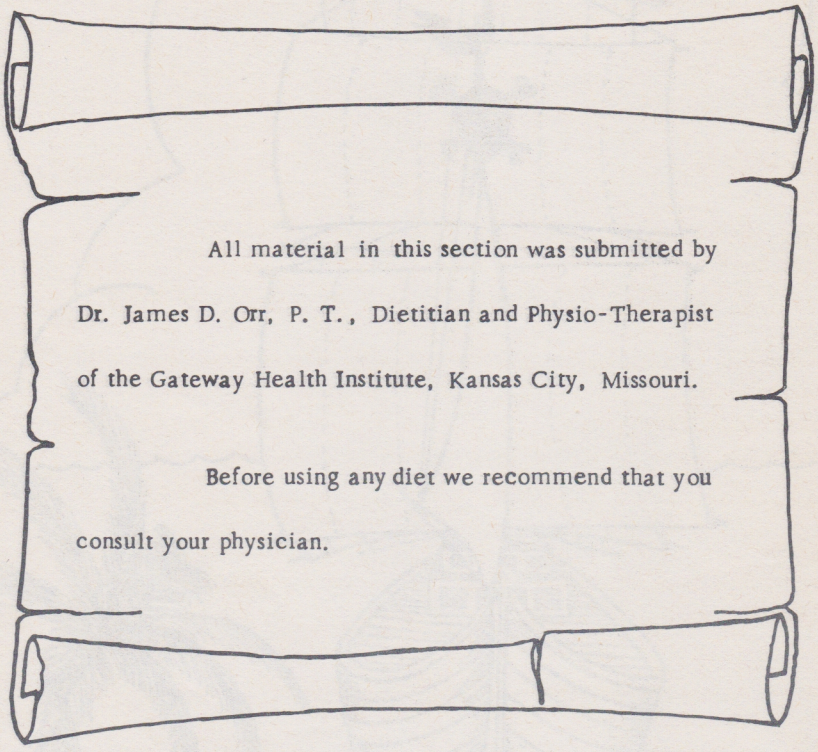

DIET
SECTION



All material in this section was submitted by Dr. James D. Orr, P. T., Dietitian and Physio-Therapist of the Gateway Health Institute, Kansas City, Missouri.

Before using any diet we recommend that you consult your physician.

EIGHTEEN DAY REDUCING DIET

BREAKFAST: In this diet the same breakfast is used every day and consists of:
1/2 Grapefruit, Melba Toast, Coffee

NOTE: Melba toast is dry bread toasted without butter.

LUNCH	DINNER
FIRST DAY:	
1/2 Grapefruit	2 Eggs
1 Egg	1 Tomato
6 Slices Cucumber	1/2 Head Lettuce
1 Slice Melba Toast	1/2 Grapefruit
Tea or Coffee	Coffee
SECOND DAY:	
1 Orange	1 Small Broiled Steak, PLAIN
1 Egg	1/2 Head Lettuce
1 Slice Melba Toast	1 Tomato
1/2 Head Lettuce	1/2 Grapefruit
Tea	Tea or Coffee
THIRD DAY:	
1/2 Grapefruit	1 Lamb Chop Lean, PLAIN
1 Egg	1 Egg
8 Slices Cucumber	3 Radishes
Tea or Coffee	1/2 Grapefruit
	Tea or Coffee
FOURTH DAY:	
1 Tomato	1/2 Grapefruit
1/2 Grapefruit	Water Cress
1 Slice Melba Toast	1 Small Broiled Steak, PLAIN
Cottage Cheese	Coffee
Tea	
FIFTH DAY:	
1 Orange	1/2 Grapefruit
1 Lamb Chop Lean, PLAIN	1 Tomato
1/2 Head Lettuce	2 Eggs
Tea	1/2 Head Lettuce
	Tea
SIXTH DAY:	
1 Egg	1 Poached Egg
1 Orange	1 Slice Melba Toast
Tea	1 Orange
	Tea
SEVENTH DAY:	
1/2 Grapefruit	1 Lamb Chop
1 Egg	6 Slices Cucumber
1/2 Head Lettuce	2 Olives
1 Tomato	1 Tomato
2 Olives	Tea or Coffee
EIGHTH DAY:	
1 Broiled Lamb Chop, LEAN	1 Egg, 1 serving Spinach, PLAIN
1/2 Head Lettuce	1/2 Grapefruit
1/2 Grapefruit - Coffee	1 Slice Melba Toast - Tea

EIGHTEEN DAY REDUCING DIET

LUNCH		DINNER
NINTH DAY:		
1 Egg		Any Meat Salad
1 Tomato		
1/2 Grapefruit		
Tea		
TENTH DAY:		
1/2 Grapefruit		1/2 Grapefruit
1 Lamb Chop, PLAIN		1 Lamb Chop, PLAIN
1/2 Head Lettuce		1/2 Head Lettuce
Tea		Tea
ELEVENTH DAY:		
1 Slice Cinnamon Toast		1 Small Broiled Steak, PLAIN
Tea		1 Stalk Celery
		1 Tomato
		2 Olives
		Tea
TWELFTH DAY:		
1/2 Lobster		1 Broiled Steak, PLAIN
2 Crackers		Cole Slaw
1/2 Grapefruit		1 Tomato
Tea		1 Orange
THIRTEENTH DAY:		
1 Egg		1/2 Grapefruit
1 Slice Melba Toast		1 Small Broiled Steak
1/2 Grapefruit		1/2 Head Lettuce
		1 Stalk Celery
		Coffee
FOURTEENTH DAY:		
1 Egg		1 Lamb Chop, PLAIN
1 Tomato		1/2 Tablespoonful Catsup
1/2 Grapefruit		1 Slice Melba Toast
1 Slice Melba Toast		1/2 Grapefruit
FIFTEENTH DAY:		
1 Egg		1 Small Broiled Steak, PLAIN
1 Slice Melba Toast		1 Small Portion Spinach, PLAIN
1/2 Grapefruit		1 Orange
Coffee		Tea
SIXTEENTH DAY:		
1 Egg		1 Small White Fish, BROILED
1 Tomato		1 Small Portion Spinach, PLAIN
1/2 Grapefruit		1 Orange
Coffee		Tea
SEVENTEENTH DAY:		
1 Lamb Chop, PLAIN		1 Small Broiled Steak, PLAIN
1/2 Head Lettuce		1 Tomato
1/2 Grapefruit		1 Stalk Celery
Tea		Coffee

EIGHTEEN DAY REDUCING DIET

LUNCH	DINNER
EIGHTEENTH DAY:	
1 Chicken Leg, BROILED	1/2 can Pink Salmon
1 Tomato	1 Serving Spinach, PLAIN
1/2 Grapefruit	1/2 Grapefruit
1 Glass Lemonade - NO SUGAR	Coffee

NOTE: You may substitute fish or the white meat of chicken any time for the lamb. If you have not lost the desired weight you will repeat until you have lost the weight you wish. This diet takes the weight off slowly, but you do not become flabby. Oranges may be substituted for grapefruit.

SODA FOUNTAIN OR RESTAURANT REDUCING DIET

FOR THE BENEFIT OF THOSE WHO ARE UNABLE TO EAT AT HOME

MONDAY

BREAKFAST	Calories
Orange Juice	90
1 Slice Buttered Toast	75
Tea or Coffee, Black	0
LUNCH	
Ham Sandwich with Lettuce	200
Ice Cream	200
Tea or Coffee, Black	0
DINNER	
Vegetable Soup	80
Hamburger on a bun	200
Ice Cream	200
Tea or Coffee, Black	0
Total	1,045

TUESDAY

BREAKFAST	
1/2 Grapefruit	75
1 Sweet Roll	125
Tea or Coffee, Black	0
LUNCH	
Tomato Soup	100
1 Bran Muffin	85
Ice Cream	200
DINNER	
Chicken Soup	70
Egg and Lettuce Salad, Russian Dressing	100
1 Slice Buttered Toast	75
Ice Cream	200
Tea or Coffee, Black	0
Total	1,030

WEDNESDAY

BREAKFAST	Calories
Grapefruit Juice	70
1 Bran Muffin	85
Tea or Coffee, Black	0
LUNCH	
Chicken Sandwich	170
Ice Cream	200
Tea or Coffee, Black	0
DINNER	
Tomato Juice	50
Sirloin Steak-3 in. square	200
Baked Potato	100
1 Pat of Butter	100
Ice Cream	200
Tea or Coffee, Black	0
Total	1,175

THURSDAY

BREAKFAST	
Orange Juice	90
1 Slice Buttered Toast	75
Tea or Coffee, Black	0
LUNCH	
Egg Salad Sandwich with Russian Dressing	160
Ice Cream	200
Tea or Coffee, Black	0
DINNER	
Tomato Juice	50
Hamburger on a bun	200
Vegetable	50
Ice Cream	200
Tea or Coffee, Black	0
Total	1,025

SODA FOUNTAIN OR RESTAURANT REDUCING DIET

FRIDAY	Calories
BREAKFAST	
1/2 Grapefruit	75
1 Slice Buttered Toast	75
Tea or Coffee, Black	0
LUNCH	
Salmon Salad Sandwich	200
Ice Cream	200
Tea or Coffee, Black	0
DINNER	
Tomato Juice	50
2 Scrambled Eggs	160
1 Slice Buttered Toast	75
Ice Cream	200
Tea or Coffee, Black	0
Total	1,035

SATURDAY	
BREAKFAST	
Orange Juice	90
1 Bran Muffin	85
Tea or Coffee, Black	0
LUNCH	
Bacon & Tomato Sandwich	225
Ice Cream	200
Tea or Coffee, Black	0
DINNER	
Vegetable Soup	80
Frankfurter on bun	200
Cole Slaw	75
Ice Cream	200
Tea or Coffee, Black	0
Total	1,155

SUNDAY	
BREAKFAST	
1/2 Grapefruit	75
1 Sweet Roll	125
Tea or Coffee, Black	0
LUNCH	
1 Boiled Egg	70
1 Slice Buttered Toast	75
Ice Cream	200
Tea or Coffee, Black	0
DINNER	
Fruit Cocktail	125
Chicken, 1 Slice White	65
Gravy	40
Peas	65
Mashed Potatoes	120
Ice Cream	200
Tea or Coffee, Black	0
Total	1,160

NOTE: Instead of having butter or rich mayonnaise spread on a sandwich, you may order ketchup, mustard or pickle relish, all of which have practically no caloric value. Russian dressing is mayonnaise combined with chili sauce to an extent which is less fattening. No sugar to be used in any beverage.

BODY BUILDING AND WEIGHT GAINING DIET

FOR THOSE UNDERWEIGHT OR SUFFERING FROM MALNUTRITION

GENERAL INSTRUCTIONS

Avoid sweet foods such as fruit cocktails, sweet salads, or sweetened fruit juice at the beginning of the meal, since they blunt the appetite. These foods should preferably be given at the end of the meal.

Highly spiced foods and extremely fatty foods are not recommended in the beginning.

The caloric intake of the diet should be increased by midmorning, midafternoon or bedtime lunches of fruit juices, milk or milk drinks and crackers.

Portions should be made fairly large.

Instead of ordinary cane sugar, lactose should be used, since a much larger quantity of this substance can be used in a dish as a sweetening. Honey may be substituted.

Rest periods are desirable after meals. Avoid all emotional disturbances during meals and take at least some outdoor exercise daily.

BODY BUILDING AND WEIGHT GAINING DIET

Light tea and coffee are permissible.

THE DIET SHOULD CONTAIN AT LEAST THE FOLLOWING DIETARY ESSENTIALS:

At least one pint of milk, preferably more. This milk may be given as a drink, or may be used in junket or chocolate pudding.

At least two servings of vegetables, one of which shall be a raw leafy vegetable. One serving of rice, noodles, macaroni or potatoes is to be included every day.

One serving of meat or two eggs per day, preferably both.

Fruit: Two servings of fresh fruit per day.

Breads and cereals: At least four slices of whole wheat bread, and one serving of whole wheat cereal should be used every day.

Desserts, preferably those made with milk, junket, and chocolate pudding should be included twice every day.

In addition it is wise to include several multi-vitamin capsules per day, even though the diet is sound according to the "vitamineral yardstick."

HIGH CALORIE DIET

NOTE: In the following High Calorie Diet all foods must be eaten whether you have an appetite or not.

BREAKFAST

Fruit:	Choice of the following: One half grapefruit, one sliced orange, one medium sliced peach, baked apple, three stewed figs, or four to six stewed prunes.
Cereal:	One cup of farina type cereal, with cream and sugar, or oatmeal or whole wheat cereal or one shredded wheat biscuit with cream and sugar. White or whole wheat toast with butter or jam.
Egg:	Soft boiled, poached, or scrambled egg.
Beverage:	Light tea or coffee, cocoa, milk or chocolate.
10:30 A. M.	Egg nog, malted milk, hot chocolate, or cocoa.

LUNCH

Soup:	Choice of: One cup cream of spinach soup, asparagus soup, or tomato soup.
Salad:	Choice of: One serving of combination salad, one serving of mixed vegetable salad, or salmon salad. To this should be added one tablespoonful of butter, and one tablespoonful of mayonnaise.
Bread:	White or whole wheat toast, melba toast, bran or whole wheat muffin.
Dessert:	Choice of: Chocolate pudding, bread pudding, tapioca pudding, or any flavor of gelatine. Raw fruit is especially good.
Beverage:	Light tea or coffee, cocoa, milk or chocolate.
3:00 P. M.	Milk, (hot or cold), cocoa, malted milk.

DINNER

Meat:	Choice of: Generous serving of baked chicken, two lamb chops, or medium serving of roast beef or beef tongue, medium serving of roast lamb or steak.

HIGH CALORIE DIET

Vegetables:	Choice of the following combinations: One cup of carrots and two brown potatoes. Two medium boiled potatoes, and one cup of squash. One cup mashed potatoes and one half cup cauliflower. One large baked potato and one half cup broccoli.
Salad:	Choice of the following: One serving of lettuce and tomato salad. One serving of watercress and egg salad. One serving of grapefruit salad. The above salads should be taken with mayonnaise.
Beverage:	Light tea or coffee, cocoa, malted milk.
Dessert:	Choice of the following: Fruit cup, chocolate pudding, prunewhip, custard, junket or gelatine dessert, or a piece of plain cake. Raw fruit is especially good.

WEIGHT CHART

WOMEN				MEN			
Weight in Pounds (with reg. clothes)				Weight in Pounds (with reg. clothes)			
20-24	25-29	30 and over	HEIGHT with shoes on)	20-24	25-29	30 and over	HEIGHT with shoes on)
113	116	119	4' 11"	....	....	....	4' 11"
115	118	121	5' 0"	119	124	127	5' 0"
117	120	123	5' 1"	121	126	129	5' 1"
120	122	125	5' 2"	124	128	131	5' 2"
123	125	128	5' 3"	127	131	134	5' 3"
126	129	132	5' 4"	131	134	137	5' 4"
129	132	136	5' 5"	135	138	141	5' 5"
133	136	140	5' 6"	139	142	145	5' 6"
137	140	144	5' 7"	142	146	149	5' 7"
141	144	148	5' 8"	146	150	154	5' 8"
145	148	152	5' 9"	150	154	158	5' 9"
149	152	155	5' 10"	154	158	163	5' 10"
153	155	158	5' 11"	158	163	168	5' 11"
157	159	162	6' 0"	163	169	174	6' 0"
....	....	....	6' 1"	168	175	180	6' 1"

THIS COOK BOOK MAKES A PERFECT

GIFT FOR ALL OCCASIONS.

GET A SUPPLY NOW.

CALORIC CHART

NOTE: Unless amount of food is otherwise specified the measurement is for a standard plate serving.

FOODS	CALORIES
BEVERAGES	
Cocoa, 1 cup	160
Coffee	0
Buttermilk, 1 cup	85
Milk, sweet, whole, 1 cup	165
Tea	0
BREAD	
Biscuits, baking powder, 2	100
Bran muffins, 2	100
Corn Bread	200
Cracked Wheat Bread, 1 slice	55
Rye Bread, 1 slice	75
White Bread, 1 slice	60
DESSERTS	
Angel food cake	150
Apple pie	200
Baked custard, 1	125
Bread pudding	200
Chocolate Cake	400
Gingerbread	200
Ice Cream, vanilla	200
Strawberry shortcake	300
FISH	
Fried	210
Boiled or steamed	100 - 185
Oysters, half-fry (6)	80
Salmon, canned	110
Tuna, canned	125
MEAT	
Bacon, 3 strips, regular fry	175
Beef, roast, lean	100
Beef, roast, fat	340
Frankfurter, 1	150
Ham, smoked, medium fat	400
Liver	120
Pork Chop, 1	200
Spareribs	330

CALORIC CHART

FOODS	CALORIES
MISCELLANEOUS	
Butter, 1 pat	110
Jelly, 1 tablespoon	107
Jam, 1 tablespoon	132
Macaroni and cheese	160
Omelet, 1 egg	130
Spaghetti and meat sauce	290
Spanish rice	155
Sugar, 1 teaspoon	20
Whipped cream, 1 level tablespoon	35
VEGETABLES	
Asparagus	15
Beans, green	35
Beans, Limas	130
Beets	45
Carrots	45
Cauliflower	30
Corn	100
Peas, canned	65
Peas, green	100
Potato, sweet, 1	200
Potato, baked, 1	100
Potatoes, creamed	100
Potatoes, fried	100
Spinach	20
Tomato, 1	25
Turnips	35

THIS COOK BOOK MAKES A PERFECT

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INDEX OF RECIPES

Page

APPETIZERS, RELISHES, GARNISHES

Cream Cocktail Sauce 1
Olive Surprise Puffs 1
Chow-Chow 1
Icicle Pickles 2
Bread and Butter Pickles 2
Pickled Shrimp 3

SOUPS, SALADS, VEGETABLES

Club Fruit Salad Squares 5
Hawaiian Salad Dressing 5
Peanut Butter Sauce 5
Salad Dressing 6
Jellied Cole Slaw 6
Shrimp Chili Mold 6
Scotch Potatoes 6
Corn Fritters 7
Corn Fritters 7
French Fried Onion Rings 7
Baked Lima Beans 7

MEAT, FISH, POULTRY

Venison Swiss Steak 9
Roast Rock Cornish Game Hens . . . 9
Barbecue Hamburger 9
Gooey Buns 10
Chili Bake 10
Teedies (A Veal Dish) 10
Ground Beef Barbecue 11
Swiss Steak and Vegetables in
Onion Soup 11
Dried Beef and Corn Casserole . . .11
Crabmeat Imperial 12
Crab Cakes 12
Salmon Curry 12
Gourmet Salmon Pie 13
Oven-Fried Chicken 13

Page

BREAD, ROLLS, PASTRY

Date and Nut Tea Bread 15
French Bread. 15
Boston Date and Nut Bread 15
White Bread 16
Placek (Polish Raisin Bread). . . . 16
Crullers 17
Nut Tassies 17
Pumpkin Custard. 17
Coconut Cream Pie 18
Lemon Sponge. 18
Coconut Custard 18
Famous Pecan Pie 18
Shoo Fly Pie 19

COOKIES AND CAKES

Sandtarts. 21
Biscuits. 21
Toll House. 21
Filled Cookies 21
Hermit Christmas Cookies 22
Christmas Fruit Drops 22
Drop Sand Tarts 23
Butter Crispies 23
Coconut Crunches 23
Lemon Snow Balls 24
Old Fashioned Sugar Cookies 24
Coconut Macaroons. 24
Scandinavian Tarts 25
Snickerdoodles 25
Mexican Wedding Cakes. 25
Hungarian Bread (Cookies). 25
Date Dainties (Cookies). 26
Sarie's Sugar Cookies 26
French Icing 26
Tuttie's Sponge Cake. 27
Hula Cake. 27
Pineapple Fluff Cake. 27
Pound Cake 28
Pound Cake 28
All-Together Pound Cake. 28
Coconut Meringue Cake 28
Crumb Cake. 29
Crumb Cake 29
Butter Crumb Cake 29

Page

Breakfast Cake 30
Breakfast Cake 30
Black Fruit Cake 30
Cherry Cake 31
Gingerbread Upside Down Cake . . . 31
Raisin Applesauce Cake 32
Devil's Food Cake 32
Choco Cake 33
Chocolate Cake 33
Fudge Cake 33

DESSERTS

Cherry Torte 35
Strawberry Angel Food Frost . . . 35
Bread Pudding 35
Cooky Dessert 35
Apple Crisp 36
Jello Dessert 36
Tropical Freeze 37
Jello Jewel Dessert 37
Rosy Fruit Cobbler 37

PRESERVES, JELLY, CANDY

Quince Honey 39
Christmas Mounds 39
Old Fashioned Mojhy Candy 39
Cold Fudge 39
Nougat 40

MEAT SUBSTITUTES, BEVERAGES, MISCELLANEOUS

Hot Cranberry Punch 43
Pot Pie 43
Noodle Dough 43

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PATRONIZE

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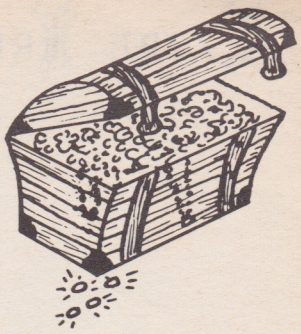

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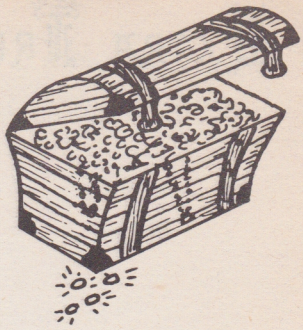

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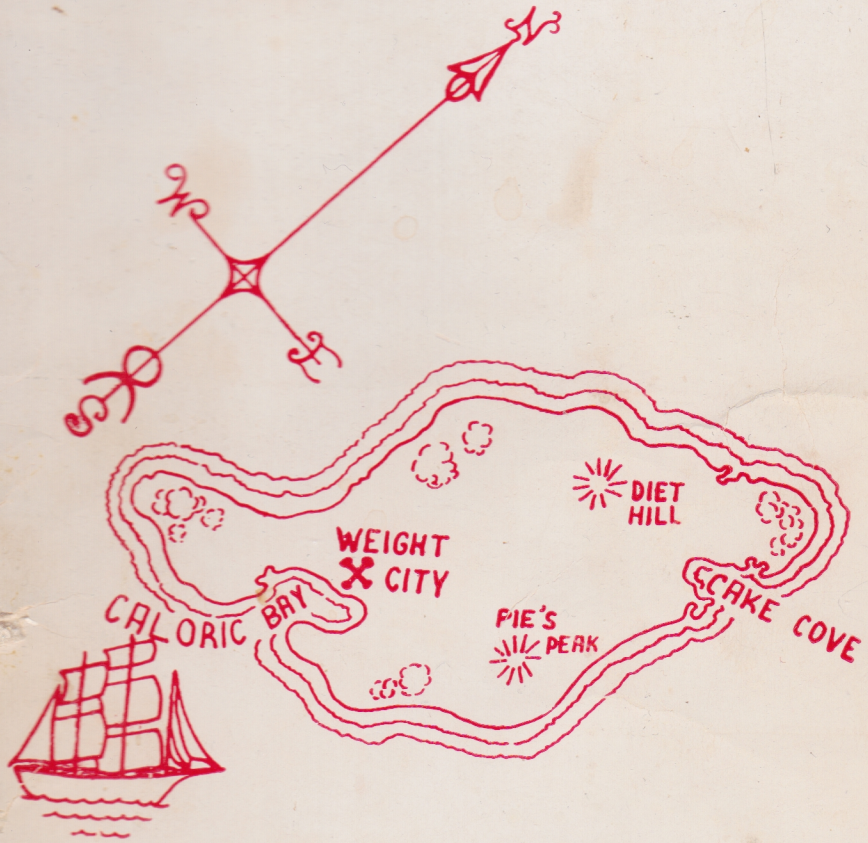

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